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MARROW  
OF  
PRACTICAL MEDICINE,  
AND  
FAMILY GUIDE:

CONTAINING  
A BRIEF AND ACCURATE DESCRIPTION OF THE  
CHARACTER, CAUSES, AND SYMPTOMS OF THE  
DISEASES OF MEN, WOMEN, AND CHILDREN,  
WITH THE  
MOST APPROPRIATE TREATMENT.

"WITHOUT POISON OR BLOODSHED."

TO WHICH IS ADDED,

A DESCRIPTION OF MEDICINAL PLANTS AND HERBS, THEIR  
MEDICAL QUALITIES, AND APPROPRIATE DOSES: WITH  
PLAIN AND FULL DIRECTIONS FOR MAKING THE  
VARIOUS COMPOUND MEDICINES RECOMMEN-  
DED FOR THE CURE OF DISEASES, &c.

BY  
DR. WILLIAM MILLS.

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ST. CLAIRSVILLE, O.  
PUBLISHED BY THE AUTHOR.

WILLIAM BROWN, BOOK AND JOB PRINTER.

1848.

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## RECOMMENDATIONS.

NEW ATHENS, JULY 24th 1848.

HAVING examined the Marrow of Practical Medicine and Family Guide, written by Dr. WM. MILLS, I find it to be well adapted to the present wants of community. The language is plain, diseases accurately described, and the remedies safe, easily obtained, and well suited to the cases for which they are recommended.

DR. JOHN DICKERSON.

FRANKLIN COLLEGE, NEW ATHENS, JULY 20th 1848.

FROM a hasty examination of this work, I think it worthy of patronage. With no pretensions to medical knowledge it would seem to be absurd in me to recommend books of this class; but the work of Dr. MILLS is an exception. Intended for common use, it is adapted to common understanding. I can, from actual, personal experience, recommend the precautions for preserving health; and also the remedies, so far as my knowledge of them extends.

JOSEPH GORDON, A. M. Professor of  
Mathematics and Natural Science.

HAVING briefly examined the Marrow of Practical Medicine, by Dr. WM. MILLS, I feel, as a result of my examination, fully prepared to recommend the same to an enlightened public as a medical work, just such as is demanded at the present time, and loudly called for by the sufferings of humanity.

REV. A. W. THOMAS.

FRANKLIN COLLEGE, NEW ATHENS, OHIO, JULY 18th, 1848.

A cursory examination of Dr. WILLIAM MILLS' Marrow of Practical Medicine and Family Guide, has satisfied us, that it contains much important information, written in a style so simple, and published in a form so cheap, as to put it in the power of almost every family to procure it and use it advantageously. It has a just claim on the Public.

A. D. CLARK, A. M. President and Professor  
of Hebrew Literature, &c.

A. M. BLACK, A. M. Professor of Greek Literature,  
Mental Philosophy, and Logic.

JAMES DOIG, A. M. Professor of Latin Literature  
and Rhetoric.

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## INTRODUCTION.

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THE knowledge of Medicine or the art of curing diseases, next to that of Religion, is of the greatest importance to mankind.

Each and every individual is interested to know the means by which his aches and pains can be most promptly and certainly relieved.

For all the other wants to which our fallen nature is subjected, each can make his own prescription. When hungry, does he not find abundant material to supply all the wants of his nature, in the succulent plants, mellow fruits, esculent roots, and farinacious grains, that have been distributed by a beneficent hand, in liberal profusion, wherever there are needy creatures with wants to supply. But at the time of his greatest need, when hurry and dispatch are most demanded, he is wofully and willfully ignorant of that which he is most interested to know. And not unfrequently in the midst of agony, while disease is advancing, he is obliged to wait till the man of skill arrives to tell him he may use the means that a kind providence has provided for his relief, and placed within his reach. Beside the protracted suffering from needless delay, he has to endure the pain and incur the danger of a disease augmented by the want

of timely aid, or aggravated by improper appliances.

It is the object of this little work to put it in the power of every individual and family to become their own physicians in a majority of cases, and enable them to judge correctly where real danger is to be apprehended; and save them, on the one hand, the expense of procuring a physician on every trivial occasion, and on the other the danger of delay in case one should be absolutely needed.

At this time, more than at any past period in the history of medicine, such a work as this seems to be demanded. Never before was the world so imposed upon by quacks and quack remedies. Patent medicines in the form of pills, plasters, syrups &c. &c. are puffed in almost every Newspaper, pamphlet and *Almanac* in the land; each professing to be some new and important discovery. Thus millions of dollars are annually drained from the pockets of the innocent and unsuspecting, for that which, in many instances, is worse than useless.

A proper regard for the opinions of others requires, that, in offering to the publick another work on medical practice, in addition to the many valuable works already extant, we should state the reasons that have impelled us to so arduous a task.

Those conversant with the subject are fully aware of the deficiencies of the works heretofore published, for the use of families and individuals not familiar with *technicalities of medical* lore. Some are couched in language and terms unintel-

ligible to "men of plain sense." Others are so loaded with nice distinctions (some times distinctions without difference,) and finely wrought theories, having no practical bearing, that the sick man or his friend is wearied with the search before he finds the object of his desire. Not a few are faulty in this respect; their authors, willing to display their skill rather than be truly useful, give too many remedies for the same disease; some no doubt very valuable, but being mentioned in connection with others comparatively inert, it requires the man of skill and experience to make the proper selection.

We do not pretend to deny that there are many valuable works now extant, but they are either faulty in some of the above respects, or too voluminous and costly to find their way into general use. The object of the present volume is to furnish the community in general with a plain practical work, in such language as to be understood by all, and in so condensed a form as to bring the cost within the means of every one.

The author's desire to condense the work, and avoid all language that would be embarrassing to the uneducated, has rendered the language in many instances rather stiff and barren, and to the critical ear might seem defective in harmony; beside, the work was written at short intervals from the hurry of business, and taken to press before we had sufficient time for re-examination and arrangement. But usefulness, rather than systematic arrangement or fluency of style, has been our grand aim in the production of the work; and we submit to

the decision of every candid reader, whether we have failed in the accomplishment of this important object.

The remedies prescribed are such, and only such, as experience has proved to be the most successful.—To those accustomed to the common popular and fashionable practice of the day, in which decanters and bottles, vials and glasses, and teacups and tumblers, are strung along, rank and file, with directions so complicated as to require the most tenacious memory to follow, the remedies here recommended may appear too few and simple to be beneficial; but experience teaches that the great secret of success, consists in doing a few things well. To the man on a journey who has mistaken his way, a few short and plain directions are worth more than a long circumstantial detail, the half of which could not be remembered. So to the traveller in the path of life who has stepped from the way that leads to health and happiness, we would rather prescribe one good and attainable remedy, than a thousand that would be less beneficial, or out of his reach. Besides the very fact of giving too many articles at once, however innocent or good they may severally be, is calculated to derange and sicken the stomach and not unfrequently destroys the benefit of all.

It is acknowledged by every physician, that the great object of the practitioner should be to aid and imitate the operations of nature. We observe that in all these operations the greatest ends are accomplished by the simplest means. Let us then follow the example, and may the great Physician

above give success and efficacy to our remedies, and afford us relief from *all* our pains and sorrows.

---

AN EXTRACT FROM REV. JOHN WESLEY'S

PRIMITIVE PHYSIC,

Which so nearly corresponds with our own sentiments that we cannot refrain from inserting it.

“WHEN man first came out of the hands of the great Creator, clothed in body as well as in soul with immortality and incorruption, there was no place for physic, or the art of healing. As he knew no sin, so he knew no pain, no sickness, weakness, or bodily disorder. The habitation wherein the angelic mind, the *Divinæ Particula Auræ*, abode, although originally formed out of the dust of the earth, was liable to no decay. It had no seeds of corruption or dissolution within itself; and there was nothing without to injure it. Heaven and earth, and all the hosts of them, were mild, benign, and friendly to human nature. The entire creation was at peace with man so long as man was at peace with his Creator. So that well might “the morning stars sing together, and all the sons of God shout for joy.”

But since man rebelled against the sovereign of heaven and earth, how entirely is the scene changed! The incorruptible frame hath put on corruption; the immortal has put on mortality. The seeds of wickedness and pain, of sickness and

death, are now lodged in our inmost substance; whence a thousand disorders continually spring, even without the aid of external violence. And how is the number of these increased by every thing round about us? The heavens, the earth, and all things contained therein, conspire to punish the rebels against their Creator. The sun and the moon shed unwholesome influences from above. The earth exhales poisonous damps from beneath. The beasts of the field, the birds of the air, the fish of the sea, are in a state of hostility. The air itself that surrounds us on every side is replete with the shafts of death; yea, the food we eat daily saps the foundation of that life which cannot be sustained without it. So has the Lord of all secured the execution of his decree, "Dust thou art, and unto dust thou shalt return."

But can nothing be found to lessen those inconveniences which cannot be wholly removed? To soften the evils of life, and prevent, in part, the sickness and pain to which we are continually exposed? Without question there may. One grand preventive of pain and sickness, of various kinds, seems intimated by the grand Author of nature in the very sentence that entails death upon us: "In the sweat of thy face shalt thou eat bread, till thou return to the ground." The power of exercise both to preserve and restore health is greater than can well be conceived, especially in those who add temperance thereto; who, if they do not confine themselves altogether to eat either "bread or the herb of the field," (which God does not require them to do,) yet steadily observe both

that kind and measure of food which experience shows to be the most friendly to health and strength.

It is probable physic, as well as religion, was in the first ages chiefly traditional: every father delivered down to his sons what he in like manner received concerning the manner of healing both outward hurts and the diseases incident to each climate, and the medicines which were of the greatest efficacy for the cure of each disorder. It is certain this is the method wherein the art of healing is preserved among the American Indians to this day. Their diseases indeed are exceeding few; nor do they often occur, by reason of their continual exercise and (till of late) universal temperance. But if any are sick, or bit by a serpent, or torn by a wild beast, the fathers immediately tell their children what remedy to apply. And it is rare that the patient suffers long, those medicines being quick, as well as generally infallible.

Hence it was, perhaps, that the ancients, not only of Greece and Rome, but even of barbarous nations, usually assigned physic a divine original. And indeed it was a natural thought, that He who had taught it to the very beasts and birds, the Cretan Stag, the Egyptian Ibis, could not be wanting to teach Man.

Yea, sometimes even by those meaner creatures; for it was easy to infer, "If this will heal that creature, whose flesh is nearly of the same texture with mine, then in a parallel case it will heal me." The trial was made—the cure was wrought—and experience and physic grew up together.

But in process of time, men of a philosophical turn were not satisfied with this. They began to inquire how they might account for these things? how such medicines wrought such effects? They examined the human body, and all its parts; the nature of the flesh, veins, arteries, nerves; the structure of the brain, heart, lungs, stomach, bowels; with the springs of the several kinds of animal functions. They explored the several kinds of animal and mineral as well as vegetable substances. And hence the whole order of physic, which had obtained to that time, came gradually to be inverted. Men of learning began to set experience aside, to build physic upon hypothesis, to form theories of diseases and their cure, and to substitute these in the place of experiments.

As theories increased, simple medicines were more and more disregarded and disused, till in a course of years the greater part of them were forgotten, at least in the politer nations. In the room of these, abundance of new ones were introduced by reasoning, speculative men, and those more and more difficult to be applied, as being more remote from common observation. Hence rules for the application of these, and medical books were immensely multiplied, till at length physic became an abstruse science, quite out of the reach of ordinary men.

Physicians now began to be had in admiration, as persons who were something more than human; and profit attended their employ, as well as honor; so that they had now two weighty reasons for keeping the bulk of mankind at a dis-

tance, that they might not pry into the mysteries of the profession. To this end, they increase those difficulties by design, which began in a manner by accident. They filled their writings with abundance of technical terms, utterly unintelligible to plain men. They affected to deliver their rules, and to reason upon them, in an abstruse and philosophical manner. They represented the critical knowledge of Astronomy, Natural Philosophy, (and what not?) some of them insisting on that of Astronomy, and Astrology too, as necessary, previous to the understanding the art of healing. Those who understood only how to restore the sick to health, they branded with the name of Empirics. They introduced into practice abundance of compound medicines, consisting of so many ingredients, that it was scarce possible for common people to know which it was that wrought the cure; abundance of exotics, neither the nature nor names of which their own countrymen understood; of chymicals, such as they neither had skill, nor fortune, nor time to prepare; yea, and of dangerous ones, such as they could not use, without hazarding life, but by the advice of a physician. And thus both their honor and gain were secured, a vast majority of mankind being utterly cut off from helping either themselves or their neighbors, or once daring to attempt it.

Yet there have not been wanting, from time to time, some lovers of mankind, who have endeavored (even contrary to their own interest) to reduce physic to its ancient standard; who have labored to explode it out of all the hypothesis and

fine spun theories, and to make it a plain, intelligible thing, as it was in the beginning, having no more mystery in it than this—"Such a medicine removes such a pain." These have demonstrably shown, that neither the knowledge of Astrology, Astronomy, Natural Philosophy, nor even Anatomy itself, is absolutely necessary to the quick and effectual cure of most diseases incident to human bodies; nor yet any chymical, or compound medicine, but a simple plant or root duly applied. So that every man of common sense, unless in some rare case, may prescribe either to himself or his neighbor, and may be very secure from doing harm, even where he can do no good.

Without any regard to this, without any concern about the obliging or disobliging any man living, a mean hand has made here some little attempt towards a plain and easy way of curing most diseases. I have only consulted herein, experience, common sense, and the common interest of mankind. And supposing they can be cured in this easy way, who would desire to use any other? Who would not wish to have a physician always in his house, and one that attends without fee or reward? to be able, (unless in some few complicated cases,) to prescribe to his family as well as himself?

If it be said, but what need is there of such attempt? I answer, the greatest that can possibly be conceived. Is it not needful in the highest degree to rescue men from the jaws of destruction? from wasting their fortunes, as thousands have done, and continue to do daily? from pining a-

way in sickness and pain, either, through the ignorance or dishonor of physicians? Yea, and many times throw away their lives, after their health, time, and substance.

Is it inquired, but are there not books enough already on every part of the art of medicine? Yes, too many ten times over, considering how little to the purpose the far greater part of them speak. But besides this, they are too dear for poor men to buy, and too hard for plain men to understand. In all that have yet fallen into my hands I find many dear and many far-fetched medicines, besides many of so dangerous a kind as a prudent man would never meddle with. And against the greater part of these medicines there is a further objection: they consist of too many ingredients. The common method of compounding and re-compounding medicines can never be reconciled to common sense. Experience shows that one thing will cure most disorders, at least, as well as twenty put together. Then why do you add the other nineteen? Only to swell the apothecary's bill? Nay, possibly, on purpose to prolong the distemper, that the doctor and he may divide the spoil.

But admitting there is some quality in the medicine proposed which has need to be corrected, will not one thing correct it as well as twenty? It is possible, much better. And if not, there is a sufficiency of other medicines which need no such correction.

As to the manner of using the medicines here set down, I should advise, as soon as you know your distemper, which is very easy, unless in a

complication of disorders, and then you would do well to apply to a physician that fears God—

First: Use the first of the remedies for that disease which occurs in the ensuing collection, unless some other of them be easier to be had, and then it may do just as well.

Secondly: After a competent time, if it takes no effect, use the second, and the third, and so on. I have purposely set down, in most cases, several remedies for each disorder, not only because all are not equally easy to be procured at all times, and in all places; but likewise, because the medicine which cures one man will not always cure another of the same distemper; nor will it cure the same man at all times:

Thirdly: Observe all the time the greatest exactness in your regimen or manner of living; abstain from all mixed or high-seasoned food; use plain diet, easy of digestion, and this as sparingly as you can, consistent with ease and strength. Drink only water, if it agrees with your stomach; if not, good clear small beer. Use as much exercise daily in the open air as you can without weariness. Sup at six or seven, on the lightest food. Go to bed early, and rise betimes. To persevere with steadiness in this course is often more than half the cure. Above all, add to the rest, for it is not labor lost, that old-fashioned medicine, Prayer; and have faith in God, who “killeth and maketh alive; who bringeth down to the grave, and bringeth up.”

## ART OF PRESERVING HEALTH.

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SURELY, if it be an important matter to know how to relieve pain, to cure diseases, and restore health when lost, it is vastly more important, to be able to avoid pain and disease, and preserve unsullied that bodily health without which all other sublunary favours are bestowed in vain. At the same time that health is acknowledged on all hands to be the most valuable of all earthly possessions, yet there is none of which we are more prodigal. How many Esaus are there who are bartering away, for that which is less valuable, and even more paltry than a *mess* of *potage*, their birth right, not only to health and happiness but life itself. Many a heedless youth and blooming fair one, for the merest momentary gratifications, are urging their way with rapid strides to premature old age, or to an untimely grave. In preserving health as well as restoring the sick, nothing is more important than

### PURE AIR.

AIR is that invisible transparent, tasteless, inodorous, and elastic fluid called atmosphere, which surrounds the earth to the height of forty five miles. Air is composed of two gases called oxygen and nitrogen or azote, united in the proportion of twenty parts of oxygen to eighty of the nitrogen. It

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also contains a small proportion of carbonic acid gas, beside some watery vapours arising from the surface of the earth. Oxygen is the vital portion of the air, but would be entirely too stimulating if breathed by itself. It has been ascertained by actual experiment, that the two gases composing the atmosphere are united in that proportion which is best adapted to the preservation of life and health.

The blood, when thrown from the right side of the heart to the lungs, imbibes oxygen from the air which we receive into them, in the act of breathing; at the same time that the blood imbibes oxygen from the air, it parts with carbon, which escapes from the lungs in the form of carbonic acid gas. By this process, the blood is unloaded of its carbon, and supplied with oxygen, which changes its colour from a dark to a bright red. Being now fitted for nourishing and animating the system, it is returned to the left side of the heart, and thence distributed through the arteries, to every part of the body. Having spent its oxygen it is returned through the veins to the heart, to be again sent to the lungs on the same errand as before. If the reader will now turn to *poisons*, and run his finger down the margin till he comes to *gases*, he will there find, that carbonic acid gas, as well as some others, not only injure the lungs, but also act on the system like opium and other narcotic poisons; producing depression, stupor, apoplexy and death. Then, let him again reflect, that in breathing, we not only deprive the surrounding air of its oxygen, but at the same time,

load it with this poisonous gas, and he will not be surprised that in crowded rooms, where many are breathing in the same confined atmosphere, the weak and delicate become stupid, have headache, and sometimes faint; nor will he fail to see the absolute necessity of pure air for the sick who are less able to contend with poisonous air, poisonous medicines, and unhealthy diet, than those who are possessed of more strength and vitality.

## FOOD AND DRINK.

Next to pure air, proper food and drink are of the utmost importance in the preservation of health. When we reflect that not only the blood, but also the whole body in all its various and diversified parts, nerves, bones, tendons, muscles, hair, nails &c. are all composed of materials derived from the food we eat, the importance of this subject will be apparent.

When either the quantity or quality of food is such, as to prevent the process of digestion from being fully accomplished, the chyle, which is the nourishing part of digested food, will be of an inferior quality; and at the same time the stomach is injured by the performance of an unnatural and unusual task; and if the food has been of an irritating and vitiated quality the blood becomes corrupted thereby, and diseases of the most malignant character often result from this source.

Dr. Abernethy says "If you put improper food into the stomach it becomes disordered, and the whole system is affected; vegetable food ferments

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and becomes gaseous, while animal substances are changed into a putrid, abominable and acrid stimulus." "The effects of animal food and other improper stimulants upon the system, produce blotches on the face and other parts of the body, gout, apoplexy, inflammation of the eyes, decay of the teeth &c."

As a general rule, vegetable is more conducive to health than animal food. It appears that with some, animal food is essential to health. This arises probably, more from habit, than from any other cause. "You ask me, says Plutarch," why Pythagoras abstained from eating the flesh of brutes? For my part, I am astonished to think, on the contrary, what appetite first induced man to taste of a dead carcass; or what motive could suggest the notion of nourishing himself with the flesh of animals which he saw, the moment before, bleating, bellowing, walking, and looking about them! How could he bear to see an impotent and defenceless creature slaughtered, skinned and cut up for food. We should, therefore rather wonder at the conduct of those who first indulged themselves in this horrible repast, than at such as have humanely abstained from it.

"I have, myself," says Dr. Parmly, "suffered much in former years from debility and other forms of indisposition, induced, I am persuaded, by gross and improper diet. For the last year I have abstained from all exciting drink, have utterly relinquished the use of tea and coffee, have abstained from animal food of every name and nature, and by this course of conduct, have found my health

so much benefited, that I feel it a duty, as well as a pleasure, to endeavour to impress upon the reader the necessity of living more frugally, if he wish to enjoy that health of body and tranquility of mind, which none can enjoy, for any length of time, but such as live in accordance with the rules prescribed by all sound Philosophers, both of ancient and modern times."

We are not prepared to say whether it would be better for mankind to adopt an entirely vegetable diet or not; but this we think is certain, that a majority of our race eat much more animal food than is conducive to health. Another thing is equally certain, that the present fashionable mode of cookery, which flatters the appetite with rich messes, and complicated mixtures, is destroying its thousands; while want of exercise, impure air, and stimulating drinks, are slaying their tens of thousands.

"The throat," says an ingenious writer, "has destroyed more than the sword." Food, to be healthy, should be as plain and simple as possible. And though we cannot give precise rules of diet that would not admit of many exceptions, yet we may mention a few articles whose tendency is only evil, and that continually. Among these are sweetened bread of all kinds, the more rich and complicated the worse; all rich, concentrated jellies and preserves; lard, rancid butter, animal oils, and gravies. Hot bread, shortened cakes and pies, are hard to digest. All hot drinks are injurious to the stomach, nerves, and teeth; of which coffee is probably the worst. "Coffee," says Dr.

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Fitch, "is very generally used, and by some persons who attain to considerable age, and speak of it in raptures. Yet from the experience of many thousand dyspeptics, who have consulted me, I find no article of diet more generally repudiated by the dyspeptic than coffee. Its effects are almost universally, if much drank, to produce dyspepsia, nervousness, palpitation of the heart, headaches, dizziness, costiveness &c." It is true that many persons have attained to great age who were in the habit of using some, or all of the above articles. And it is also true, that others have attained to the same, or greater age, who were in the habit of drinking to intoxication, and were frequently seen rolling in the dirt and mire. But would any rational man say that such swinish habits were conducive to health and longevity. All that such instances prove, is, that some constitutions can endure great injury without sinking under its destructive influence. But let the weak and infirm attempt to carry the burdens of the strong, and they are crushed beneath the ponderous load. The best drink, as a general rule, for both sick and well, is pure soft water. The water drinker is proverbial for his uniform appetite; his blood is pure, his head is clear and free from pains and aches, his temper unruffled, his nerves are steady and his soul "calm and serene as a summer's evening." God bless the water drinkers, and give success to both the *sons* and *daughters* of Temperance.

### EXERCISE.

However temperate we may be in eating and

drinking, we must completely fail to reap the reward of good health, without proper and plentiful exercise. This is in beautiful accordance with the sentence pronounced upon the first of the human race, on falling from primitive innocence: "In the sweat of thy face shalt thou eat thy bread." Here we see a blessing, instead of a curse; a mark at once of Infinite Wisdom and benevolence. This idea is strengthened by the fact, that when man perverts his being so far as to loll in luxury and idleness, in consequence of having acquired more than his share of worldly riches, disease and unhappiness naturally flow from his disregard of the Divine mandate. The repinings of the laborer when he looks upon the affluent and idle are not half as productive of real misery as the results of indolence to the man of wealth and the victim of sloth. There is not an organ but suffers in the inactivity of the indolent man. The stomach ceasing to perform proper digestion, the liver to give out its healthful secretion, the bowels stop in their operation, the absorbents cease to partake of the congenial nourishment, and the whole man languishes in dyspepsia, general debility, and a want of proper heat from the lungs, till decay and death in mercy come in to relieve the wretch from his load of self accumulated misery.

The pleasure derived from activity and exercise is manifested in all the animal creation, and is exhibited at a very early period in the actions of children, whose fondness for exercise is such that neither bribes nor punishments, sometimes so cruelly inflicted by parents, can restrain them from

that which their very natures demand, as the only security against disease. It appears to be the universal law of all animated existence, that no creature can enjoy health or procure a subsistence without exercise; and man is the only animal that has been disobedient to the general rule; and he never fails to reap the legitimate fruits of his folly. "The weak and valetudinarian" says Dr. Cheyne, "ought to make exercise part of their religion."

Every person, whose business does not afford him sufficient exercise, should bring himself under a kind of necessity to take exercise at a certain hour, which he should observe with as much punctuality as he does in taking food. "Indolence, like other vices when indulged, gains ground and at length becomes agreeable. Hence, many who were fond of exercise when young, become averse to it when more advanced in years. This is the case with most hypochondriac and gouty persons, which never fails to aggravate their disease, and renders them, in many instances, incurable. While indolence and idleness beget vice and misery, exercise and useful employ promote virtue, health and happiness. Of all the different forms of indolence that have cursed mankind, none is more destructive to health than that of lying too long in bed. Man is the only creature on earth that is too indolent to enjoy the beauties and invigorating influence of the morning. Half an hour of active exercise, after bathing at the dawn of day, will do more to invigorate and give healthy tone to the system, than any thing else we could recommend. Let him who wishes to enjoy earthly happiness, therefore, see

to this; and let him rejoice in the beauties of the morning while sluggards are snoring.

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## TEMPERANCE.

Temperance consists in the moderate use of necessary things, and consequently, the avoidance of all that is unnecessary or hurtful. While Temperance admits its votaries to the full enjoyment of all that is consistent with life, health, and happiness, Intemperance, on the contrary, is only the food of perverted passion, which fosters disease and discontent, and is the sure prelude to a life of sorrow and a death of woe. It is the fuel that feeds the flame of inordinate desire, which grows up for death, and ultimately mingles with its native flames, where hope is a stranger and mercy forgot. It has been wisely said that "exercise and Temperance are the two best Physicians in the world; and if these were duly regarded, there would be little occasion for any other." When mankind, not satisfied with supplying the simple calls of nature, create to themselves artificial wants, they may search creation round for some gratifying object; but imaginary wants can never be gratified. "Nature is content with little; but luxury knows no bounds. Hence the epicure, the drunkard, and the debauchee seldom stop in their career till their money or their constitutions fail: then, indeed, they generally see their error when too late. Health consists in the regular performance of the various functions, or vital actions, of

the animal economy; when each organ duly performs its part, the tide of life flows in one unruffled stream; but whatever disturbs this harmony, necessarily impairs the health and induces disease. Intemperance disturbs this harmony and regularity of action, by overloading and over exciting certain organs, which produces debility, directly or indirectly, according as they are overloaded or stimulated. When the stomach is overloaded with food, it is directly debilitated by the performance of an unusual and unnecessary task; but when stimulated with spirituous liquors, it is indirectly debilitated by the prostration which necessarily follows every undue excitement. It is a law of our physical nature that, when the system is excited to action beyond its natural abilities, it falls as far below par, when the stimulus has subsided, as it had been raised above: a second repetition of the exciting cause now becomes necessary in order to arouse to the standard of health, after which it flags as before. Thus the harmonious action of the system is lost, and it runs to ruin like a ship without a helm. "The analogy between the nourishment of plants and animals, affords a striking proof of the danger of Intemperance. Moisture and manure greatly promote vegetation; yet an over quantity of either will entirely destroy it. The best things become hurtful, nay, destructive, when carried to excess." Hence we learn that the highest degree of human wisdom consists in regulating our appetites and passions, so as to avoid all extremes. It is that chiefly which entitles us to the character of rational beings. The slaves of ap-

petite will ever be the disgrace of human nature.

It is in vain to attempt giving precise rules for the quantity or quality of food to be eaten by others. Every one knows when he has eaten enough, and may avoid excess if he will. Franklin's rule, however, is a good one and should never be disregarded: that is, to always leave the table with a good appetite. Simplicity in diet is the perfection of the art; and no animal but man misapprehends its rules. He, and he alone, feasts on the luxuries of a foreign soil, and finds in the dainties of earth the elements of his own destruction.

"For my part," says Dr. Adison, "when I behold a fashionable table set out in all its magnificence, I fancy that I see gout and dropsies, fevers and lethargies, with other innumerable diseases, lying in ambuscade among the dishes." As to intoxicating liquors there has been so much written, printed and spoken on that subject, in every Country, Village and town in Christendom, that every school boy knows so much of their destructive influence, both on body and soul, for time and for eternity, that none but those who are bent upon ruin, and determined to "take hell by storm," will ever be tempted to use them as a beverage, or countenance others in so doing.

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## CLOTHING.

The clothing should be suited to the climate and state of the weather; the sudden and extreme variations that occur in the temperature of this climate require frequent changes in clothing if we

would be either comfortable or healthy. In youth, while the blood is warm and circulation free, less clothing is necessary; but as the fire and vigour of youth decline the clothing should be increased. Clothing is but too often perverted from its proper use, and made an object of pride and show; and the fashions are continually changing with very little regard to either health, comfort, or convenience. It would be quite an unprofitable and thankless business to point out the follies and hurtful effects of the present fashionable mode of dress; suffice it to say that in many instances it is both ridiculous and hurtful. In preparing clothing, especially for children, who are not capable of judging for themselves, care should be taken that no portion of it is so tight as to impede the circulation in any part of the body, nor hinder the free motion of all the limbs.

“The perfection of dress,” says an eminent author, “is to be easy and clean. Nothing can be more ridiculous than for any one to make himself a slave to fine clothes. \* \* \* \* Were we to recommend any particular pattern for dress, it would be that worn by the people called Quakers. They are always neat, clean, and often elegant, without any thing superfluous. What others lay out upon taudry, laces, ruffles and ribands, they bestow upon superior cleanliness. Finery is only the affectation of dress, and very often covers a great deal of dirt.” In relation to the quantity of clothing, comfort should be our guide; for every addition beyond that point, is absolutely injurious. It produces general langour and debility, renders

the skin tender and susceptible to the slightest impression of cold. Much injury is done by overloading the body with clothes, especially in warm weather.

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## CLEANLINESS.

‘The want of cleanliness,’ says Dr. Buchan, “is a fault which admits of no excuse. Where water can be had for nothing, it is surely in the power of every person to be clean. The continual discharge from our bodies by perspiration, renders frequent change of apparel necessary. Changing apparel greatly promotes the secretion from the skin, so necessary for health. When this matter which ought to be carried off by perspiration is either retained in the body, or reabsorbed from dirty clothes, it must occasion diseases.” Children whose skins are much more active than those of an adult, and also more exposed to dirt from their peculiar habits of life, require to be washed and changed much oftener. It is a good rule to wash children all over every morning and change their clothes once every two or three days, and if very young they should be changed oftener. A strict observance of cleanliness prevents a great majority of the skin diseases, so common among children. The utmost cleanliness should be observed in relation to the sick; for cleanliness is as important in restoring health to the sick as in its preservation when well. The old notion, that to change the clothes of the sick is debilitating, is as false as it is mischievous. Their clothes, and the

sheets upon which they lie, should be changed as often as it can be conveniently done, without too much exposure and fatigue; taking care that the clothes be entirely free from dampness.

Many diseases are rendered contagious by a want of proper attention to keeping the patient and his apartment clean and sweet. Every thing that passes the bowels should be immediately removed, and a free circulation of fresh air admitted, at all times; but should not fall in a direct current upon the patient.

“If cleanliness be necessary for persons in health, it is certainly more so for the sick. Many diseases may be cured by cleanliness alone; most of them might be mitigated by it; and, where it is neglected, the slightest disorders are often changed into the most malignant. The same mistaken care which prompted people to prevent the least admission of fresh air to the sick, seems to have induced them to keep them dirty. Both these destructive prejudices will, we hope, be soon eradicated. Cleanliness is certainly agreeable to our nature. We cannot help approving it in others, even though we should not practice it ourselves. It sooner attracts our regard than even finery itself, and often gains esteem where that fails. It is an ornament to the highest as well as to the lowest station, and cannot be dispensed with in either. Few virtues are of more importance to society than general cleanliness. It ought to be carefully cultivated every where; but in populous cities it should be almost revered.

## COLD BATHING.

A very important part of cleanliness, and no less important in the preservation of health, is *Cold Bathing*. It is not only a potent agent in the prevention of disease; but, when properly applied, is an invaluable remedy for many, if not all, of the diseases incident to fallen humanity. The subject of bathing has been so ably treated by Dr. Fitch, that we hope to be excused for making so long an extract from the writings of that ingenious author:

“To strengthen the skin, and to fortify it, and all the system against cold or changes of weather, and to render the skin pure and healthy, no remedy can for one moment be compared to washing the whole surface of the body over daily with pure cold water. I do not refer to covering yourselves with water, or taking a bath, but simply to washing your whole person over daily with pure cold water, as you do your face and hands. Extend the same favor to your whole person, that you do to your hands and face. All you require is two to four quarts of cold water, and as much more as you please, but a common wash-basin will do, and two or three towels. Take one of the towels, dip it in this crystal fluid, eminently worthy of you, and you of it; lave well the wrists, the ears, the neck, the chest, the whole person, the lower limbs, the feet. Dwell much on the chest, about the collar-bones and below them, and on all the large joints, and feet and soles of the feet. As it will be a little difficult to wash between the shoulders, fill a towel full of wa-

ter, and spread it out like a shawl, and convey it over the head, and let it fall down the back to the hips, covering all the shoulders, and all the spine. Let it embrace and wet all the spine well. Now, take a good-sized towel, one in each hand, if you please, and commence vigorous friction, and wiping on and over all your person, rub yourselves perfectly dry, animate all the skin by rubbing with a dry towel. This done, throw the dry towel over your neck, take the opposite corners of the towel in each hand, draw the towel across the back of the neck, and between the shoulders, and down the back as far as the hips, wiping and rubbing the whole spine well and thoroughly, and shoulders, neck, shoulder-blades, &c., all down. Fill the chest full of air as you can, then throw the head, neck, shoulders, and chest backwards as far as possible, and for one or two minutes walk the room, holding the breath, and expanding the chest to its fullest extent by drawing in all the air you can. By this operation your shoulders will soon lie flat to the back of the chest, and the bosom, all untrammelled, will swell and resume all the luxuriance of its natural form, and almost unapproachable beauty. This whole operation will not occupy you more than three or four minutes, when your ablutions, frictions, and expanding the chest, will be finished, and you prepared to resume your clothing. The morning is the best time of day for bathing,—on first stepping out of bed, and when all the skin is in a glow of warmth. Any other hour of the day, or on retiring at night, may be selected with great advantage, as inclination or convenience may dictate. Persons not ac-

customed to cold bathing, or who dread exposing the person to the air, may, at first, use only a damp towel, or merely dampened in salt and warm water, and first expose only the limbs and person very partially at a time, and so gradually accustom the surface of the person to exposure. In this way, by exercising a little sound discretion and care, in five to ten days the most effeminated and feeble persons may habituate themselves to the free use of cold water, over all the surface of body and limbs, daily. Should you in the commencement take cold, you need not dread taking cold always from exposure of the person, or bathing with cold water. The value of the bathing, save mere purity, is derived from the cold that is in the water. Bathing in cold water is more valuable when the weather is coldest in autumn, winter, and spring. In summer its effects are less striking than in winter. It is at this moment, I wish I possessed the highest power of persuasion, to induce you to adopt at once constant daily ablutions with cold water all your lives. It may be done always. When accustomed to it, it may be done an hour before childbirth, or an hour after, with perfect safety. It is hardly possible to imagine any fever, or any sickness, that forbids your daily bathing, or washing all over with cold water. On the contrary, in scarlet fever, measles, typhus fever, childbed fever, lung fever, scrofula, spine diseases, liver complaint, dyspepsia, consumption, ague and fever, erysipelas, and, in fact, in almost any and every disease incident to the human frame, cold-bathing is itself a great remedy, and never can do hurt, when you have before been accustomed to

## 46 ART OF PRESERVING HEALTH.

it. Rarely, very rarely, will you be subject to any of these, should you constantly and faithfully bathe daily in cold water. The shower-bath may be used, when perfectly convenient and agreeable. Never use a tepid bath, unless to begin before you use cold,—it effeminates the whole system. Let the water be hot or cold. Hot-baths are occasionally admissible, as a remedy for pain, fever, or hoarseness, either of longer or shorter duration. For stiff joints from rheumatism, lameness, pain in the side, and sore throat, or quinzy, pain and heat in the spine, swelling and pain and heat in either side, or about the chest, there are few remedies superior to cold water, either poured, or, what is most applicable, a piece of cotton cloth folded two or three thicknesses, and laid or bound on the painful or swelled part, changed often, and kept on for hours or days and nights.

This application is far superior to a blister, or tartar emetic sores; will remove the pain sooner, and make a far more permanent cure. By tying up the neck with a handkerchief dipped in cold water, and kept on over-night, or for several days and nights, if urgent, or for successive nights, will usually cure the sore throat in the most gratifying manner, without one twinge of pain, or reducing the strength in any degree. Dry friction, with a flannel, if the surface is cold, or with a dry towel, fine or coarse, as suits you, or a flesh brush, as taste or inclination, or judgment direct, will be found excellent. Friction, to have its best effects, should be long continued, and for old persons, they are most valuable; but ought not to supersede

their use of cold water. Cold water preserves the freshness of the skin, and prevents wrinkles, and every thing of that kind, to a great degree. Followed and preceded by friction, it is beyond all possible value. A person who bathes in cold water freely, as I have directed, can hardly feel fluctuations of the weather, or be liable to take cold, or receive any injury from atmospheric changes. He will rarely ever have a pain, or be liable to fever, to rheumatism, or inflammation of the lungs, or pleurisy, or quinzy, or sore throat, or cough or skin diseases, liver complaints, or dyspepsia. When you can faithfully and fearlessly wash yourselves all over with cold water daily, you will have taken a vast step in the commencement of a period of uninterrupted health. Infants at the breast should be bathed in cold water daily, from their youngest hours. Do not be afraid of doing them any injury by it. It is impossible, when the cold sponge bath is judiciously used. It is of almost inappreciable value to the child. The rooms in which you wash may be very warm indeed, if you please, and should always be warm, if you are delicate or unaccustomed to exposure of your person to the air. To render the skin soft and pure, I recommend to my patients, to wash all over once a week, with salæratus and water, cold or hot, or with super-carbonate of soda, which is the best. The effect of this upon the skin, used once a week, is very agreeable, and makes the surface of the person as pure as the rose. The soda should be the fine super-carbonate of soda, sold by the apothecaries, &c. It will make the

skin soft as the finest, the softest velvet. You need never be afraid of exposing your whole person to the air, (in a warm room, if delicate,) and of washing all over, daily, with pure cold water. The effect is, to give you good health, and, unless counteracted by other causes, I have already mentioned, and shall mention in another lecture, uninterrupted and brilliant health. The mind will be clear, the eye bright, and countenance brilliant as the first blushes of the morning. Lassitude, despondency, low spirits, and indolence, will find no lodgment in your persons. Timidity, fear, and moroseness, will be driven from you by the courage and resolution that result from good health. Your first great enemy is ignorance; the next, its legitimate child, is indolence. Overcome these, and you have before you a pleasant and beautiful world, a long and happy life; victorious over these, and every other obstacle to health, usefulness, or happiness, will retire at your approach, as darkness before light.

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### SLEEP.

In the beautiful and harmonious arrangement of nature there is an intimate and mutual dependence of enjoyment upon duty. The individual who, contrary to the established order of infinite wisdom, loiters away his days in inactivity and sloth can never enjoy that luxurious repast of wearied nature, "balmy sleep." Regular and undisturbed repose is as necessary to the preservation of health as any of the means heretofore mentioned. Those

who will subvert the established order of high heaven by changing night into day and day into night, in relation to their hours of exercise and repose, will necessarily suffer the penalty of such a violation. Few things are better calculated to produce the wrinkles and decrepitude of premature old age, than exposure to the night air, at late and irregular hours. He that would enjoy health must not only retire to rest at a proper and regular hour, but must observe the same in rising. There is much truth and good sense in the old rhyme.

“Early to bed and early to rise, &c.”

The habit of lying too long in bed in the morning, is not only a criminal waste of the precious moments of which life is composed, but it deranges health and shortens life, by producing general debility and effeminacy of body. It is especially calculated to produce and aggravate diseases of the lungs, by permitting them to remain too long without that action and full expansion which are required to preserve them in a state of health. A hard bed is decidedly more congenial to the preservation of health than a soft one. A mattress of husks or straw is sufficiently soft for comfort, and is not so heating and debilitating as feathers.

Gout and Rheumatism are almost strangers to hard beds.

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### ABSTINENCE.

We have recommended, elsewhere, that the stomach should not be over loaded by eating food

that is either too rich, or in such quantity as the stomach will be unable to digest; *here*, we would recommend occasional abstinence from food of every kind. It is a reflection worthy of our notice at all times, that none of the commands of the Creator were ever inconsistent with either the health or happiness of his creatures: hence the fasts so frequently enjoined upon the Jews; their washings, and other modes of cleanliness, as well as their entire prohibition from the use of swine's flesh, and that of every other unclean beast, were all well calculated to promote the health of that peculiarly favoured people. And the dictates of infinite wisdom and goodness are as true now as they were then, and as applicable to the people of every nation as to the Jews. Abstinence is a kind of treatment which every man can apply without any expense of money; and may be practiced upon every class of persons, at all seasons, and in every place. For many of the ailments to which we are exposed, it is a safe and effectual remedy. In a majority of diseases, nature points out this remedy by taking away the appetite for food; and he that is deaf to her calls, is less wise than many of his inferiors in creation. But how common it is to hear nurses, and those who ought to know better, insisting upon the sick to eat; telling them that they cannot get well or obtain strength without eating. Such should remember, that if we take food into the stomach, when it is not able to digest it, we debilitate that organ, derange the blood, and detract from the strength and energies of the system; thus laying

the foundation for protracted suffering and disease.

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## THE STUDIOUS.

This being the most intelligent class of mankind, we might reasonably expect that they, of all others, would be best qualified to understand and obey the laws of our physical organization, and that they would be the first to adopt a rigid mode of discipline, for the preservation of body as well as the cultivation of mind. But it is a lamentable fact, that no class more frequently violate the laws of life, or sooner reduce their health and constitution to ruins. We have long felt a deep anxiety to do something to remedy this great and growing evil in this class of community. The question here necessarily arises: can this be prevented? Can young Men and Ladies be educated without destroying their health and breaking down their constitutions? We answer most unhesitatingly, that they can; and further, that a full and thorough education may be acquired in less time with the use of the necessary means for preserving health than without; but, with the student, bodily health rarely receives that attention which its importance demands. When intense thinking is joined with impure air, want of exercise, and the rich diet, so much in demand in boarding houses, and without which many students would not be satisfied, it is no wonder if the most Herculean constitutions sink under the influence of such gross violations of our physical organization. Our constitutions are no more adapted to continual study than they are to

continual labour, and that student who thinks the necessary time spent in exercise and amusement is lost from study, has not learned the first principles of his art, we mean the art of acquiring knowledge. One hour's efficient study, when the body is invigorated by exercise and the mind clear and untrammelled, is worth three, spent in dull musings when the mind is clouded, and all the wheels of life "wading in backed water." Beside, so great is the influence of the mind over the body that intense and long continued application to study is utterly inconsistent with the healthy performance of the various vital actions of the body. It is a law of the animal economy, that the energies of the system can never be powerfully active in two points at the same time; for example, a man is thrown from his carriage and breaks one leg and at the same time cuts the skin on the other, the energies are so concentrated upon the broken limb, that the slighter injury on the other is neither felt nor known, unless incidentally discovered. Again, a man receives an injury on the foot, insomuch that he is quite lame; while lamenting over his painful injury, he is approached by an individual who addresses him in such insulting language as to excite the most violent anger; his face reddens, the blood vessels on the head are engorged with blood, evidently showing the energies to be powerfully concentrated upon the brain; the neglected foot is now no longer painful, and is used with the same ease and dexterity as the sound one. How often are invalids charged with hypocrisy, who forget their pains and infirmities in the moment of excitement;

such allegations in many instances only display the ignorance of those who make them. Let the student eat a full meal and engage immediately after, in hard study; the energies of the system being diverted from the stomach and concentrated upon the brain, the food is imperfectly digested, and if the imposition be frequently practiced, the stomach becomes debilitated, the food sours, and we have heart-burn, head-ache, languor, shattered nerves and all the train of necessary and legitimate consequences. Hence we see the necessity of the rule "Never engage in study, for at least thirty minutes, after eating a full meal." No one can enjoy health who does not properly digest his food. The want of exercise and constant thinking cannot fail to weaken the digestive powers; the humours become loaded with irritating substances, the solids weak and relaxed, and the whole system runs rapidly to ruins. A certain amount of thoughtlessness and relaxation from study appears to be necessary to the enjoyment of health. While serious and profound thought retards the circulation and sinks the spirits, cheerfulness and mirth raise and animate the spirits, increase the circulation and promote all the bodily secretions. Those who are always sedate and constantly engaged in thought, seldom enjoy good health or arrive at old age; while, on the contrary, those who seldom think seriously on any subject, are generally the most healthy and attain the most advanced age. "Perpetual thinkers, as they are called, seldom think long. In a few years they become stupid, and exhibit a melancholy proof how readily the great-

est blessings may be abused. Thinking, like every thing else, when carried to extreme becomes a vice; nor can any one afford a greater proof of wisdom than frequently and seasonably to unbend the mind by mingling in cheerful company, active exercise &c.” It is not enough that the studious should cease to read and write in order to relax their minds, but they should actively engage in some amusement or employment that will so far occupy their attention as to make them forget the subject upon which the mind has been engaged.

The society of children is well adapted to relax and amuse the mind; their artless display of human nature is not only amusing, but highly entertaining and instructive; nor are they beneath the attention of the most philosophic minds. Children have been the favourite companions of the wisest and best of men, and were admitted to the fond embrace of our blessed Saviour himself.

All that we have heretofore said on *air, food, exercise, temperance, cleanliness &c.*, applies with peculiar force to the studious.

“It is much to be regretted, that learned men, while in health, pay so little regard to these things! There is not any thing more common than to see a miserable object over-run with nervous diseases, bathing, walking, riding, and in a word, doing every thing for health after it is gone; yet, if any one had recommended these things to him by way of prevention, the advice would, in all probability, have been treated with contempt, or, at least, with neglect. Such is the weakness and folly of mankind, and such the want of foresight, even in

those who ought to be wiser than others! With regard to the diet of the studious, we see no reason why they should abstain from any kind of food that is wholesome, provided they use it in moderation. They ought, however, to be sparing in the use of every thing that is windy, rancid, or hard of digestion. Their suppers should always be light, or taken soon in the evening. Their drink should be water.

We shall only observe, with regard to those kinds of exercise which are most proper for the studious; that they should not be too violent, nor ever carried to the degree of excessive fatigue. They ought likewise to be frequently varied so as to give action to all the different parts of the body; and should, as often as possible, be taken in the open air. In general, riding on horseback, walking, working in a garden, or playing at some active diversions, are the best.

We would likewise recommend the use of the cold bath to the studious. It will, in some measure, supply the place of exercise, and should not be neglected by persons of a relaxed habit, especially in the warm season. No person ought either to take violent exercise or to study immediately after a full meal.

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## UNHEALTHY OCCUPATIONS.

THAT many mechanics and artists are exposed, by their occupations, to various forms of disease, is a fact so well known as to require no argument. Some exert a deliterious influence upon the health,

by the confinement and want of exercise which they require; such as watch-makers, tailors, shoemakers, &c. These are also injured by the impurity of the atmosphere in which they breathe. The air is not only injured by several persons breathing the same confined portion, and by the exhalations from their bodies, (for the skin itself is a kind of breathing apparatus,) but it is often so heated and loaded with dust as to be unfit to enter the lungs. In addition to this, we frequently see several candles burning in the same small room, which changes the oxygen of the air into carbonic acid gas; of the destructive influence of which we more than once had occasion to speak. This, in connection with the want of exercise, is the cause of coughs, consumptions, and other diseases of the chest, so common among such mechanics.

Others, such as chemists, type-founders, glass-blowers, mirers, manufacturers of white lead, &c. are injured by the fumes and exhalations arising from the articles of their manufacture. To prevent the ill effects from such exhalations and impure air, the apartments, in which these operations are carried on, should be so constructed as to carry off all the vapor and fumes that may arise, and admit a current of fresh air. The mechanic or artist should not continue at his work too long at a time, but relieve his lungs by frequent excursions into the open air. He should never return to his work with an empty stomach; and he should pay the most scrupulous regard to cleanliness. For the mode of preventing the mischievous consequences of lead, see under the head *Painters' Colic*.

Mechanics and others, whose occupations afford little or no exercise, or require an unfavorable position, should learn to sit as erect and with the shoulders as far back as the nature of the case will admit; and change their position as frequently as possible. They should also mingle their hours of labor with intervals of out-door exercise, or with some active labor, such as gardening, chopping, sawing &c.

Some persons, who appear to have quite too little time for exercise, seldom employ that little to their own advantage. Instead of engaging in exercise in the open air where their lungs would be expanded and their blood enriched by a pure atmosphere, they frequently sit down in a heated and dusty room, to read a novel, or to play at some game which has no recommendation, and answers no purpose, except to murder time. In short, exercise in the open air is so essential to health and life, that he who neglects it cannot long enjoy either.

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## THE PASSIONS.

“A merry heart doeth good like a medicine, but a broken spirit dryeth the bones.”—Prov. xvii. 22.

We would have avoided saying any thing on this apparently trifling subject, had we not repeatedly witnessed the most disastrous consequences resulting from a want of information upon this important subject. Both the healthy and sick are often seriously injured by an undue and sometimes an unnecessary excitement of the passions.

Few, very few, are aware of the extent of the influence exerted by the mind upon the body. The mind pervades every part of the living machine, and is the main spring of every action it performs. The body therefore partakes of all its changes; when the mind is excited the body is excited; when the mind is depressed the body sinks with it.

We would not pretend to explain the mysterious connection between mind & matter; a mystery that has never been explained by the philosophers or metaphysicians of any age. It is sufficient for our present purpose to know that such a connection does exist; and the fact is known to almost every individual; but the extent of the reciprocal influence that the one exerts upon the other, both in the production and cure of disease, is known to but few, and perhaps fully appreciated by none. It has been fully ascertained by repeated experiments, that disease and death will result from the depressing influence of certain passions and emotions of the mind.

Every passion and emotion was implanted in our natures by a wise and beneficent Creator, and subjected to certain laws, all calculated to promote our lasting happiness and well being; and it is only by the violation of these laws, and the perversion of these passions, that misery instead of happiness; a curse instead of a blessing; has resulted therefrom. The passions most frequently perverted to the injury of mankind, in the production and aggravation of disease, are love, grief, fear, anger, and the love of approbation.

Love is probably the strongest of all the pas-

sions that have been implanted in the human mind; and when not misplaced, is capable of yielding the most exalted happiness of which our nature is susceptible; but when misplaced, or inordinately indulged, is productive of the most miserable and disastrous consequences. Insanity, fatuity, and even suicide, are the frequent results of disappointed, or misplaced love.

Though the most dangerous, there is none more frequently tampered with and perverted than this sovereign and ruling passion of the mind. Some persons are so foolish and wicked as to gain the affections of others, for mere amusement, or the purpose of showing their influence over the opposite sex; and when they have gained their boasted victory, they abandon the unhappy and deceived object of their pretended affection, to hopeless despair. Such unchristian, inhuman, and unprincipled deceivers are unworthy of the name of humanity, fallen as it is; and will never find suitable companions this side of that region where innocence never entered and where virtue is unknown. We have no disposition to be severe or to indulge in denunciations against any, but would most imperatively guard the youthful and inexperienced from the artifice of the deceiving coxcomb, and the unprincipled coquette.

Fortunately, though love is the strongest of the human passions, it is not so rapid in its progress as many others; and thus time is afforded for an escape. Whenever we perceive that there is danger of our falling in love with an object that is either unworthy of our affection, or out of our reach,

we should avoid every occasion of fanning the flame, by shunning the company and sight, and, as far as possible, the very thought of the beloved object. Close application to study or business, and traveling are excellent remedies for love. But, perhaps the surest and best remedy, when it can be found, is, to place the affections on some more worthy and attainable object. This has cured thousands! while many have pined away in secret, and without apparent cause, from the fact of their having placed their affections on an object unworthy of them, or out of their reach. - Many of these have been led to the altar of deep affections by the very persons who have afterward abandoned them to their fate, unable to appreciate the great wrong done to the object of their deception.

GRIEF has a very depressing influence upon both mind and body. It is not so rapid in its effects as fear and anger; but it is no less disastrous in its results. Its effects are permanent, and often settle into a deep melancholy which preys upon the constitution, and finally sink the unhappy victim into the cold but often welcome embraces of untimely death.

Though we cannot avoid the misfortunes and ills of life that are calculated to awaken this emotion in the mind, it is surely a mark of wisdom and true greatness to meet them with becoming fortitude. Some willfully indulge in grief and stubbornly refuse consolation, until the mind sinks under its depressing influence and the individual becomes a prey to melancholy, or the victim of despair, until death interposes a release. Grief im-

pedes the circulation, destroys the appetite, prevents sleep, impairs digestion and deranges all the secretions; it produces general debility, paleness, dyspepsia, hysteria, loss of memory, marks of premature old age, melancholy, insanity, apoplexy and death.

“There is another peculiar symptom of grief,” says Dr Beach, “not generally noticed, which is, that of profound sleep. A mother that has lost a child often sleeps profoundly. The keeper of Newgate, in London, states, that criminals slept soundly the night before their execution. The son of General Custine, in Paris, slept nine hours the night before he was led to the guillotine. The disciples of our Saviour slept during his agony in the garden, in consequence of sorrow having filled their hearts.”

This result of grief is in consequence of prostration from over-excitement; just as an over-dose of intoxicating liquor lays the drunkard asleep, while a less quantity of the same beverage would cause him to be noisy. To cure grief the hermit flies from Society, and the tippler to strong drink; but in both cases the evil is either increased, or a worse brought on in its stead. The proper course is active habits of business or exercise. Let the person struck with sudden calamity, and overpowered with grief, redouble his exertion in all the pursuits of active life; let him associate with those of a cheerful temper; let him, when the enemy approaches, rouse himself and seek employment for either, or both, the body and mind.

The variety presented to our senses in the scenery

of nature, and the delight which the mind experiences in the contemplation of new objects, affords an important hint in relation to the mode of relieving the mind from the influence of grief. By the contemplation of new and interesting subjects a constant train of new and agreeable ideas and impressions is kept up till the old and disagreeable ones are entirely dissipated. The mind as well as the body requires exercise. "Indolence and inaction nourishes grief. When the mind has nothing else to think of but calamities no wonder it should dwell there."

But of all the means of relief from this as well as the other ills of life none are so effectual as the consolations of Religion. If it be agreeable and beneficial to unbosom ourselves to an earthly friend, who is possessed of like passions and sorrows as ourselves, is it not infinitely more consoling when the mind is loaded with grief and sorrow, when troubles press upon us from every hand, and from which the sons of earth can afford us no relief, to be able to present our forlorn condition to that compassionately kind and beneficent Father, "who withholdeth no good thing from them that love him," and without whose tender regard, even a "sparrow cannot fall to the ground."

FEAR answers a very valuable purpose in the preservation of life, by the guard which it interposes against the attacks of every destructive agent. Through the intervention of this passion, our nature recoils at every thing that threatens life. But, by the perversion of man, it is changed from a friend to an enemy; from a preserver to a de-

stroyer of life. "Sudden fear has generally violent effects. Epileptic fits and other convulsive disorders are often occasioned by it. Hence the danger of that practice, so common among young people of frightening one another. Many have lost their lives, and others have been rendered miserable, by frolicks of this kind. It is dangerous to tamper with the human passions. The mind may easily be thrown into such disorder as never again to act with regularity." The practice of telling tales of ghosts and witches, hobgoblins and wizards, to children, for the purpose of awing them into subjection is not only foolish but is both wicked and cruel. Children should be taught to disregard such idle tales and feel above foolish and groundless fears.

Some persons have been so thoughtless as to shut children in cellars and closets as a punishment; the fright has rendered some idiots the remainder of their days, and thrown others into convulsions from which they never recovered. The wise and humane will never be guilty of such a practice.

Fear greatly aggravates disease and renders those fatal which otherwise were quite manageable. Many persons, no doubt, die for fear of death. It is therefore the plainest dictates of humanity and good sense to console and encourage the minds of the sick with every reasonable prospect of a speedy recovery. See visiting the sick.

ANGER is the most violent of all the passions, and is often productive of the most fearful consequences. It hurries the circulation of the blood,

deranges all the vital actions and produces fevers, hysteria, head-ache, and sometimes sudden death. The prostration which follows the over excitement from a fit of anger is very debilitating, and peculiarly hurtful to the delicate, and persons of weak nerves. Such persons have frequently been known to lose their lives by a violent fit of anger. "Such as value health should avoid violent gusts of anger as they would the most deadly poison. Neither ought they to indulge resentment, but to endeavour at all times to keep their minds calm and serene. Nothing tends so much to the health of the body as a constant tranquility of mind." Cold bathing both cures and prevents all the violent and angry passions; promoting both health of body and peace and tranquility of mind. A drink of cold water will generally suspend a fit of anger.

# DIRECTIONS

FOR

## PREPARING FOOD,

FOR BOTH THE HEALTHY AND THE SICK.

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**RECIPE FOR BREAD.**—Pour warm water, with the yeast, into flour, and make a thick batter; let it rise; then stir in more meal, knead it, and put it into pans; let it rise again, and then bake it. A little Indian meal or mashed boiled potatoes are a good addition. It may be mixed with milk or butter-milk.

**WHEAT BREAD.**—Bread should be made of unbolted wheat flour, or only the very coarsest part separated, ground coarse, and made in the usual manner. This keeps the bowels regular, while that made of superfine flour causes costiveness and dyspepsia, by a deficient stimulus imparted to the intestines.

**INDIAN CORN.**—Indian corn is probably the most healthy and nutritious food in the world. See Joel Barlow's poem on "Hasty Pudding." It may be used in various ways; in the form of bread, pudding, cakes, &c.

**INDIAN BREAD.**—Mix Indian meal with a little salt, wet with cold water, and make a thick batter; put into tin-pans, and bake well; to be eaten

with butter. This is preferred to wheat bread at the south and west, and was the only bread used by GENERAL WASHINGTON.

**BEST INDIAN BREAD.**—Take one quart of sour milk, (or sour buttermilk,) add to it one tea-spoonful of salæratus, two eggs, and Indian meal sufficient to make it of the consistence of mush or pudding; bake in a tin-pan for an hour with a moderate heat. The best Indian bread ever used.

**LIGHT CORN BREAD.**—Stir four pints of Indian meal into three pints of warm water, add a tea-spoonful of salt, and let it rise five or six hours; knead well, and bake thoroughly.

**RYE.**—Rye bread is a wholesome article of diet, much more so than common wheat bread.

**BREAD AND MILK.**—Make an excellent dish.

**COARSE CAKES.**—Ferment coarse flour, and bake it on a griddle, the same as buckwheat cakes: to be eaten with butter or molasses.

**WHEAT CAKE.**—Take three pints of wheat meal, one pint and a half of buttermilk, and a tea-spoonful of salæratus: roll and cut into round cakes, and bake by a quick fire.

**TOAST.**—Toast bread slowly till very brown, pour on it a little milk or water, and add butter: generally rests well on the stomach.

**BREAD PUDDING.**—Soak bread or crusts in cold water till soft, and squeeze dry; to one pint of which add one quart of milk, three or four eggs, and a tea-cup of sugar. It may be baked or boiled.

**MINUTE PUDDING.**—Boil milk, sweet or sour, and thicken with flour: to be eaten as above. An excellent dish.

**WHEAT PUDDING.**—Mix coarse wheat flour with milk, (water will answer,) put into a bag, and boil well: to be eaten with butter and molasses or sauce.

**RYE PUDDING.**—Milk, thickened with rye flour, boiled and eaten with butter and molasses, is very good.

**INDIAN PUDDING.**—This is used daily in most of the eastern states. Indian is mixed with milk or water, and kneaded well till a batter is formed, then put into a bag, and boiled for six hours; then cut in slices, and eaten with butter and molasses or sauce. A superior and wholesome dish.

**HASTY PUDDING.**—Made by boiling salted water, and thickening it slowly, as it boils, with Indian meal till stiff: makes a very valuable and pleasant article of diet, both for the healthy and the invalid; to be eaten with milk, butter, molasses, or sugar.

**BAKED INDIAN PUDDING.**—Prepared by mixing milk and Indian meal together, and adding eggs and sugar; to be well baked, and eaten with butter or sauce: very palatable and healthy.

**BAKED RICE PUDDING.**—This makes a very fine dish: take a tea-cupful of rice, and as much sugar, two quarts of milk, and a tea-spoonful of salt; bake with a moderate heat for two hours. A very wholesome and rich dish.

**RICE FLOUR** may be used in various ways. A gruel made of it is excellent in all kinds of bowel complaints, with the addition of a little nutmeg and cinnamon.

**SAMP. HOMMONY.**—Favourite and wholesome dishes: made by hulling corn, grinding it very

coarse, and boiling it till soft. The corn should be soaked over night; eat it with milk or otherwise.

**SLUT HOMMONY.**—Boil Indian corn in lye until the hull is loose, then pour off the lye and wash in clean water till the corn is free from the hulls and from the taste of lye; then boil in clean water till perfectly soft; to be eaten with milk or sugar; for the healthy it may be fried in butter.

**WHEAT HOMMONY.**—Boil a pint of clean wheat in water till quite soft, when nearly dry add a quart of sweet milk; or it may be eaten with sugar like rice, and is a superiour article. It keeps the bowels regular better than any kind of bread, and is much better than bread, for which it may be substituted, without any dressing, by the dyspeptic and persons of weak digestive organs. Barley may be used in the same way.

Meat should not be eaten *more* than once a day and then in small quantity; and when eaten let it be of the best quality of beef, veal, or mutton and not too long kept, pork is not so good. Boil in water till tender, leave till cold, then cut in slices; to be eaten alone, or with pepper sauce. Fried meat, rich gravies, or meat of an inferiour quality should not be eaten by either sick or well. Poultry and fowls generally, are very hard to digest, and should not be eaten by the weak and delicate. When soup is made for the sick the skin should be taken from the fowl before it is boiled.

**RICE.**—This is a very valuable grain, and supports millions in the east. It digests well, and is very nutritious.

**BOILED RICE.**—The most simple and best meth-

od is, to boil rice, well washed in pure water, with a little salt till very soft. It may be eaten with milk, or with butter and molasses.

POTATOES generally digest well. The mealy kinds should be used, (as the Mercer.) To boiling water add the potatoes, with a little salt, boil till a fork passes easily through them, pour off the water, and let the vessel stand by the fire till they are perfectly dry. Potatoes baked in a stove or oven are still better.

INDIAN MEAL GRUEL.—Boil a pint of water, add a little salt, and stir in a table-spoonful of Indian meal, previously wet with cold water; boil fifteen minutes, and sweeten with sugar. Rests well on the most delicate stomach, and is very soothing and nutritious; very good when medicine is taken.

UNBOLTED WHEAT MEAL GRUEL.—May be made in the same manner.

OAT AND RYE MEAL GRUEL.—Likewise made in the same manner.

BUTTERMILK POP.—Buttermilk, four parts; water, one part; mix: boil and thicken with Indian meal. May be made thin, and drank; or thick, and eaten with butter, sugar, or molasses. Pleasant and nourishing.

MILK PORRIDGE.—Mix two table-spoonsful of sifted flour in three or four of water, pour it into a gill or more of boiling water, and stir often, while it cooks eight or ten minutes; then add a pint of new milk, and let it boil again.

PANADO.—Put a little water on the fire, with some sugar, and a little grated nutmeg; boil all together a second, and add some crumbs of bread

or pounded cracker, and again boil all together a few minutes.

**ARROW-ROOT JELLY.**—Stir a table-spoonful of arrow-root powder into half a cupful of cold water, pour in a pint of boiling water, let it stand five or ten minutes, and sweeten it. This is very good for infants, children, and others.

**APPLE AND CRANBERRY SAUCE.**—Pare and quarter the apples—if not tart, stew them in cider—if tart enough, stew them in water. When stewed soft, put in a small piece of butter, and sweeten it to the taste, with sugar. Another way, which is very good, is to boil the apples without paring them, with a few quinces and molasses, in new cider, till reduced to half the quantity. When cool, strain the sauce. This kind of sauce will keep good several months. It makes very good plain pies, with the addition of a little cinnamon or cloves. To make cranberry sauce, nothing more is necessary than to stew the cranberries till soft; then stir in sugar and molasses to sweeten it. Let the sugar scald in it a few minutes. Strain it if you like—it is very good without straining.

**TOMATO SOY.**—Take ripe tomatos, and prick them with a fork—lay them in a deep dish, and to each layer put a layer of salt. Let them remain in it four or five days, then take them out of the salt, and put them in vinegar and water for one night. Drain off the vinegar, and to each peck of tomatos put half a pint of mustard seed, half an ounce of cloves, and the same quantity of pepper. The tomatos should be put in a jar, with a layer of sliced onions to each layer of the tomatos, and

the spices sprinkled over each layer. In ten days, they will be in good eating order.

**TOMATO CATSUP.**—To a gallon of ripe tomatos, put four table spoonsful of salt, four of ground black pepper, three table spoonsful of ground mustard, half a table spoonful of allspice, half a spoonful of cloves, six red peppers, ground fine—simmer the whole slowly, with a pint of vinegar, three or four hours—then strain it through a sieve, bottle and cork it tight. The catsup should be made in a tin utensil, and the later in the season it is made, the less liable it will be to spoil.

**OYSTER SOUP.**—Separate the oysters from the liquor, to each quart of the liquor, put a pint of milk or water, set it on the fire with the oysters. Mix a heaping table spoonful of flour with a little water, and stir it into the liquor as soon as it boils. Season it with salt, pepper, and a little walnut, or butternut vinegar, if you have it, if not, common vinegar may be substituted. Put in a small lump of butter, and turn it as soon as it boils up again on to buttered toast, cut into small pieces.

**PEA SOUP.**—If you make your soup of dry peas, soak them over night, in a warm place, using a quart of water to each quart of the peas. Early the next morning boil them an hour. Boil with them a tea spoonful of saleratus, eight or ten minutes, then take them out of the water they were soaking in, put them into fresh water, with a pound of salt pork, and boil it till the peas are soft, which will be in the course of three or four hours. Green peas for soup require no soaking, and boiling only

long enough to have the pork get thoroughly cooked, which will be in the course of an hour.

**PORTABLE SOUP.**—Take beef or veal soup, and let it get perfectly cold, then skim off every particle of the grease. Set it on the fire, and let it boil till of a thick glutinous consistence. Care should be taken that it does not burn. Season it highly with salt, pepper, cloves and mace—add a little wine or brandy, and then turn it on to earthen platters. It should not be more than a quarter of an inch in thickness. Let it remain until cold, then cut it in pieces three inches square, set them in the sun to dry, turning them frequently. When perfectly dry, put them in an earthen or tin vessel, having a layer of white paper between each layer. These, if the directions are strictly attended to, will keep good a long time. Whenever you wish to make a soup of them, nothing more is necessary, than to put a quart of water to one of the cakes, and heat it very hot.

**TO BOIL EGGS.**—They should be put into boiling water, and if you wish to have them soft, boil them only three minutes. If you wish to have them hard enough to cut in slices, boil them five minutes. Another way which is very nice, is to break the shells, and drop the eggs into a pan of scalding hot water, let it stand till the white has set, then put the pan on a moderate fire, when the water boils up, the eggs are cooked sufficiently. Eggs look very prettily cooked in this way, the yelk being just visible through the white.

**TURNIPS.**—White turnips require about as much boiling as potatoes. When tender, take them up

peel and mash them—season them with a little salt and butter. Yellow turnips require about two hours boiling—if very large, split them in two. The tops of white turnips make a good salad.

**BEETS.**—Beets should not be cut or scraped before they are boiled, or the juice will run out, and make them insipid. In summer, they will boil in an hour—in winter, it takes three hours to boil them tender. The tops in summer are good boiled for greens. Boiled beets cut in slices, and put in cold spiced vinegar for several days, are very nice.

**PARSNIPS AND CARROTS.**—Wash them, and split them in two—lay them in a stew pan, with the flat side down, turn on boiling water enough to cover them—boil them till tender, then take them up, and take off the skin, and butter them. Many cooks boil them whole, but it is not a good plan, as the outside gets done too much, before the inside is cooked sufficiently. Cold boiled parsnips are good cut in slices, and fried brown.

**ONIONS.**—Peel and put them in boiling milk, (water will do, but it is not as good.) When boiled tender, take them up, salt them, and turn a little melted butter over them.

**ARTICHOKE.**—Scrape and put them in boiling water, with a table spoonful of salt to a couple of dozen. When boiled tender, (which will be in about two hours,) take them up, salt and butter each one.

**PEAS.**—Peas should be put into boiling water, with salt and saleratus, in the proportion of a quarter of a tea spoonful of saleratus to half a peck

of peas. Boil them from fifteen to thirty minutes, according to their age and kind. When boiled tender, take them out of the water with a skimmer, salt and butter them to the taste. Peas to be good should be fresh gathered, and not shelled till just before they are cooked.

**SWEET CORN.**—Corn is much sweeter to be boiled on the cob. If made into succotash, cut it from the cobs, and boil it with beans, and a few slices of beef. It requires boiling from fifteen to thirty minutes, according to its age.

**TO COOK VARIOUS KINDS OF BEANS.**—French beans should have the strings taken off--if old, the edges should be cut off, and the beans cut through the middle. Boil them with a little salt, from twenty five to forty minutes, according to their age. A little saleratus boiled with them preserves their green color, and makes them more healthy. Salt and butter them when taken up. Lima beans can be kept the year round, by being perfectly dried when fresh gathered in the pods, or being put without drying into a keg, with a layer of salt to each layer of beans, having a layer of salt at the bottom of the keg. Cover them tight, and keep them in a cool place. Whenever you wish to cook them, soak them over night, in cold water--shell and boil them, with a little saleratus. White beans for baking, should be picked over carefully to get out the colored and bad ones. Wash and soak them over night in a pot, set where they will keep lukewarm. There should be about three quarts of water to three pints of the beans. The next morning set them where they will boil, with a tea

spoonful of saleratus. When they have boiled four or five minutes, take them up with a skimmer. Put them in a baking pot. Gash a pound of beef and put it down in the pot, so as to have the beans cover all but the upper surface---turn in cold water till you can just see it at the top. They will bake in a hot oven, in the course of three hours---but they are better to remain in it five or six hours. Beans are good prepared in the same manner as for baking, and stewed several hours without baking.

**GREENS.**---White mustard, spinach, water cresses, dandelions, and the leaves and roots of very small beets, are the best greens. Boil them with a little salt and saleratus in the water. If not fresh and plump, soak them in salt and water half an hour before cooking them. When they are boiled enough, they will sink to the bottom of the pot. Excellent for those troubled with costiveness and others.

**TOMATOES.**---If very ripe will skin easily; if not, pour scalding water in them, and let them remain in it four or five minutes. Peel and put them in a stew pan, with a table spoonful of water, if not very juicy; if so, no water will be required. Put in a little salt, and stew them for half an hour; then turn them into a deep dish with buttered toast. Another way of cooking them, which is considered very nice by epicures, is to put them in a deep dish, with fine bread crumbs, crackers pounded fine, a layer of each alternately; put small bits of butter, a little salt, and pepper on each layer---some cooks add a little nutmeg and sugar.

Have a layer of bread crumbs on the top. Bake it three quarters of an hour.

**SOUTHERN MANNER OF BOILING RICE.**—Pick over the rice, rinse it in cold water a number of times, to get it perfectly clean; drain off the water, then put it in a pot of boiling water, with a little salt. Allow as much as a quart of water to a tea-cup of rice, as it absorbs the water very much while boiling. Boil it seventeen minutes; then turn the water off very close: set the pot over a few coals, and let it steam fifteen minutes with the lid of the pot off. The beauty of rice boiled in this way, is, that each kernel stands out by itself, while it is quite tender. Great care is necessary to be used in the time of boiling and steaming it, as a few moments variation in the time, makes a great deal of difference in the looks of it. The water should boil hard when the rice is put in, and not suffered to stop boiling, till turned off to have the rice steamed. The water that the rice is boiled in, makes good starch for muslin, if boiled a few minutes by itself.

**APPLE DUMPLINGS.**—Pare tart, mellow apples—take out the cores with a small knife, and fill the holes with sugar. Make good pie crust—roll it out about two-thirds of an inch thick, cut it into pieces just large enough to enclose one apple. Lay the apples on them, and close the crust tight over them—tie them up in small pieces of thick cloth, that has been well floured—put the dumplings in a pot of boiling water, and boil them an hour without any intermission—if allowed to stop

boiling, they will be heavy. Serve them up with pudding sauce, or butter and sugar.

**LEMON SYRUP.** Pare thin the rind of fresh lemons, squeeze out the juice, and to a pint of it, when strained, put a pound and three-quarters of sugar, and the rind of the lemons. Dissolve the sugar by a gentle heat, skim it clear, then let it simmer gently eight or ten minutes—strain it through a flannel bag. When cool, bottle, cork, and seal it tight, and keep it in a cool place. A little in water makes a pleasant and cooling drink.

**ORANGE SYRUP.** Squeeze out the juice of fresh oranges, and strain it. To a pint of the juice, put a pound and a half of sugar; set it on a moderate fire; when the sugar has dissolved, put in the peel of the oranges, and set the syrup where it will boil slowly for six or eight minutes; then strain it, till clear, through a flannel bag. The bag should not be squeezed while the syrup is passing through it, or it will not be clear. Bottle, cork, and seal it tight. This syrup is very nice to flavor puddings and pies.

**BLACKBERRY SYRUP.** Procure nice, high vine blackberries, that are perfectly ripe; the low vine blackberries will not answer for syrup, as they do not possess the medicinal properties of the high vine blackberries. Set them on a moderate fire, and let them simmer till they break to pieces, then strain them through a flannel cloth; to each pint of juice put a pound of white sugar, half an ounce of cinnamon, powdered fine, a quarter of an ounce of finely powdered mace, and a couple of teaspoonsful of powdered cloves. Boil the whole to-

gether fifteen minutes; strain it, and when cool, add to each pint of syrup a wine glass of French brandy. Bottle, cork, and seal it; keep it in a cool place. This, mixed with cold water, in the proportion of a wine glass of syrup to two-thirds of a tumbler of water, is an excellent remedy for the dysentery, and similar complaints. It is also a very pleasant summer beverage.

**ELDERBERRY SYRUP.** Wash and strain the berries, which should be perfectly ripe. To a pint of juice, put a pint of molasses. Boil it twenty minutes, stirring it constantly, then take it from the fire—when cold, add to each quart four table-spoonsful of French brandy---bottle and cork it tight. This is an excellent remedy for a tight cough.

**MOLASSES SYRUP, OR CLEAR MOLASSES.**—Mix eight pounds of light sugar-house or New-Orleans molasses, eight pounds of water, one pound of powdered charcoal. Boil the whole together twenty minutes, then strain it through a flannel bag. When lukewarm, put in the beaten whites of a couple of eggs, and put it on the fire. As soon as it boils, take it from the fire, and skim it till clear---then put it on the fire, and let it boil till it becomes a thick syrup---strain it for use.

**BARLEY WATER.**----Boil a couple of ounces of barley, in two quarts of water, till soft---pearl barley is the best, but the common barley answers very well. When soft, strain and mix it with a little currant jelly, to give it a pleasant, acid taste. If the jelly is not liked, turn it, when boiled soft, on to a couple of ounces of figs or raisins, and boil

it again, till reduced to one quart, then strain it for use.

**WINE WHEY.**---Stir into a pint of boiling milk a couple of glasses of wine. Let it boil a minute, then take it from the fire, and let it remain till the curd has settled---then turn off the whey, and sweeten it with white sugar.

**STOMACHIC TINCTURE.**--Bruise a couple of ounces of Peruvian bark, one of bitter dried orange peel. Steep them in a pint of proof spirit a fortnight, shaking up the bottle that contains it once or twice every day. Let it remain untouched for a couple of days, then decant the bitter into another bottle. A tea-spoonful of this, in a wine glass of water, is a fine tonic.

**COUGH TEA.**--Make a strong tea of everlasting--strain, and put to a quart of it two ounces of figs or raisins, two of liquorice, cut in bits. Boil them in the tea for twenty minutes, then take the tea from the fire, and add to it the juice of a lemon. This is an excellent remedy for a tight cough—it should be drank freely, being perfectly innocent. It is the most effectual when hot.

**BEEF TEA.**—Broil a pound of fresh lean beef ten minutes---then cut it into small bits, turn a pint of boiling water on it, and let it steep in a warm place half an hour---then strain it, and season the tea with salt and pepper to the taste. This is a quick way of making the tea, but it is not so good, when the stomach will bear but a little liquid on it, as the following method: Cut the beef into small bits, which should be perfectly free from fat--fill a junk bottle with them, cork it up tight, and immerse it

in a kettle of lukewarm water, and boil it four or five hours. This way is superior to the first, on account of obtaining the juices of the meat, unalloyed with water, a table-spoonful of it being as nourishing as a tea-cup full of the other.

**MOSS JELLY.**---Steep Carragua, or Irish moss, in cold water a few minutes, to extract the bitter taste---then drain off the water, and to half an ounce of moss put a quart of fresh water, and a stick of cinnamon. Boil it till it becomes a thick jelly, then strain it, and season it to the taste with white sugar. This is very nourishing, and recommended highly for consumptive complaints.

**SAGO JELLY.**---Rinse four ounces of sago thoroughly, then soak it in cold water half an hour---turn off the water, and put to it a pint and a half of fresh cold water. Let it soak in it half an hour, then set it where it will boil slowly, stirring it constantly---boil with it a stick of cinnamon. When of a thick consistency, add a glass of wine, and white sugar to the taste. Let it boil five minutes, then turn it into cups.

**TAPIOCA JELLY.**---Take four table-spoonsful of tapioca---rinse it thoroughly, then soak it five hours, in cold water enough to cover it. Set a pint of cold water on the fire---when it boils, mash and stir up the tapioca that is in water, and mix it with the boiling water. Let the whole simmer gently, with a stick of cinnamon or mace. When thick and clear, mix a couple of table-spoonsful of white sugar, with half a table-spoonful of lemon juice, and half a glass of white wine---stir it into

the jelly---if not sweet enough, add more sugar and turn the jelly into cups.

**CHOCOLATE.**—Scrape the chocolate off fine, mix it smooth with water—if liked very rich, make the chocolate entirely of milk—if not, use half water. Boil water and milk together, then stir in the chocolate, previously mixed with water—stir it till it boils, then sweeten it to your taste, and take it up. If liked rich, grate in a little nutmeg. A table-spoonful of chocolate to a pint of water or milk, is about the right proportion.

**CAUTIONS RELATIVE TO THE USE OF BRASS AND COPPER COOKING UTENSILS.**---Cleanliness has been aptly styled the cardinal virtue of cooks. Food is more healthy, as well as palatable, cooked in a cleanly manner. Many lives have been lost in consequence of carelessness in using brass, copper, and glazed earthen cooking utensils. The two first should be thoroughly cleansed with salt and hot vinegar before cooking in them, and no oily or acid substance, after being cooked, should be allowed to cool or remain in any of them.

The above with many other plain and simple articles of diet, such as ripe fruits, milk, both sweet and sour, fresh butter, fresh fish, &c. &c. are wholesome and nourishing enough, and afford sufficient variety to satisfy the appetite of any one, without clogging the wheels of life with fat and greasy messes, scalding drinks, rich and complicated dishes, so intimately incorporated in the art of cookery within the circles of fashion, pride, and folly.

## VAPOUR BATH, OR STEAMING.

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THE best mode of steaming, is to have a box that will reach as high as the waist, in which the patient must be seated in an open seat, with oiled, or gum elastic cloth, extending from the top of the box to the top of the shoulders, and secured by a drawing string about the neck, or waist, as the case may demand. The steam is conveyed to the box, from a tea kettle on the fire, by tin, or copper tubes, and regulated by a stop-cock. For common country practice, where suitable apparatus is not provided, the patient may be seated on a split, or flag bottom chair; cover him, chair and all, with a blanket or coverlet; then place under the bottom of the chair a suitable vessel containing hot water. Hot stones or bricks must then be carried with the tongs, and gradually immersed in the water, taking care not to raise the steam so rapidly as to burn the patient. The face should be washed, or dashed occasionally with cold water, to prevent or relieve faintness. The steaming should be continued until free perspiration is produced, or till the sensation becomes disagreeable to the patient, who is then to be quickly washed in water that is comfortably warm; to which should be added a little lye, or salætatus. Then rinse off by dashing on the body a few pints of cold water, and immediately, rub dry and dress or return to a warm bed.

## ALCOHOLIC SWEAT.

A very convenient and effectual mode of sweating is to place the patient on a split bottom chair, and enclose him and the chair in a blanket or coverlet, with the feet in warm water, as in steaming; place under the chair a tea-cup, or some small vessel not so wide in the mouth, containing about a gill of alcohol, which can be set on fire by a slip of lighted paper; taking care that the blaze does not come too near the bottom of the chair, &c. If the flame is too great cover the vessel so as to exclude the air and it will go out immediately. To prevent this, either get a vessel with a narrower mouth, or put less alcohol in the vessel at a time, and when it burns out, add more and set on fire as before; and repeat as often as may be necessary. Whiskey can be substituted for the alcohol, but must be used in much greater quantity. The patient should drink freely of cold water or warm teas during the operation; and be washed with cold water when he has sweat enough. The advantage of this mode of sweating is, there is less danger of taking cold after it.

Another cheap and convenient mode of steaming is to take a common oyster lamp; fill it half full of alcohol, put the wicks to their places, and trim it as if about to fry oysters;—put a tin of water in the pan, and place a roll of tow or cotton across the edge of the tin, with one end in the water and the other hanging down on the out side, so as to convey the water in drops into the hot pan which is heated by the spirit lamp under it. The water is conver-

ted into steam as fast as it falls upon the hot pan. The lamp, thus arranged, is to be placed under the chair upon which the patient is seated; the patient, chair and all, being surrounded by blankets or coverlets, as in the common mode of steaming. By taking the pan off and leaving the lamp to burn under the patient we have the alcoholic sweat with much less trouble than by the mode above described. *Do not forget to put the feet in hot water.*

When the feet are to be bathed let ashes or lye be added to the water "till it feels slippery," the water being no warmer than will be pleasant to the feet; hot water must be added every few minutes so as gradually to raise the heat as the feet can endure it. At the end of 12 minutes remove the feet, one at a time, rinse them with cold water, and rub them dry.

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## COURSE OF MEDICINE.

First, give the patient composition tea, made pleasant with cream and sugar, if most agreeable; and after a pint or more has been taken, the *Vapor bath*, or Alcoholic sweat, must be administered, according to the directions given under these heads. After sweating sufficiently, he must be put to bed with a hot stone, or jug of hot water, to his feet; and a bag of hot salt, or some other hot substance, applied to the stomach; especially if there be any fears of cramp or hard vomiting; after which, an emetic is to be given as follows: To half a pint of composition tea, not boiling hot, but

so as to be rather disagreeable to the finger, add a large teaspoonful of pulverized lobelia seed, or twice the quantity if the herb is used. After it has stood ten or fifteen minutes, being frequently stirred, give a table spoonful of this tea, to an adult, every ten minutes, till vomiting is produced; then give composition, pennyroyal, or boneset tea, to promote vomiting until the stomach is sufficiently cleansed.

When the stomach is sour lobelia will not operate readily, unless weak lye or salæratuſ is given to destroy the acid in the stomach. Half a teaspoonful of salæratuſ, dissolved in two table spoonfuls of warm tea, will be sufficient for that purpose. This quantity of salæratuſ should not be given at once, but divided into four or five portions, and given at intervals of ten minutes; otherwise it will produce pain in the stomach. A spiritous tincture will vomit the easiest, and the seeds or herb taken in substance, will operate the hardest of all the different preparations of lobelia. Ipicaſ and lobelia, combined in equal proportions, make a very good emetic. An injection composed of warm water one pint, salt and No. 6, a tea-spoonful each, molasses and lard, or sweet oil, a table spoonful each, should be administered after the operation of the emetic.

When it becomes necessary from any cause, to counteract the effects of lobelia, let the patient drink freely of sweet oil, or sweet milk, the newer the milk the better; after a few minutes, give a warm tea of cayenne pepper: the oil or milk destroys the effects of the lobelia, and the cayenne

excites sufficient action in the stomach to throw it off. Where there are spasms or disease of the nerves, the nerve powder should be combined with all the patient's drinks.

When a course of medicine, or even an emetic, is to be administered the following rules should be strictly observed:

1. Always immerse the feet in warm water before applying the steam or attempting to sweat with alcohol; and let them remain in during the process of steaming. This is to prevent an over determination of blood to the head, which, without this precaution, might prove injurious or even fatal.

2. When there is general heat over the surface with inward fever, indicated by thirst &c., give such warm fluids as are calculated to promote perspiration without stimulating the system; such as catnip, balm, hyssop, boneset, or snakeroot teas, or buttermilk whey; and wash or sponge the body all over with weak lye, or rain water, made comfortably warm; and repeated every twenty or thirty minutes till the fever is reduced, and the skin becomes moist. This should be done before an emetic is given, in order that the capillaries, or small vessels may unload themselves; otherwise, the efforts of vomiting might injure the brain, by throwing too much blood upon that delicate organ.

3. If the system be cold with a want of general action, bathe the feet in warm water and give warm, stimulating drinks; such as composition, cayenne, &c., until the patient is warm enough to sweat; for a person may be either too cold, or too

warm to sweat; and in either case the proper temperature should be restored, before vomiting is induced. Some thing warm applied to the stomach, such as a bag of heated salt, or a bottle of hot water, will render vomiting much more easy.

### THE PULSE.

The expansion and contraction of the left side of the heart produces wave-like motions of the blood in the arteries; and, wherever they are near enough to the surface, these motions may be felt with the finger, and are denominated the pulse. The frequency of the pulse varies according to the age, sex, and constitution of the individual. The number of pulsations per minute, in a state of health are about as follows:

#### NUMBER OF PULSATIONS PER MINUTE IN HEALTH.

Before birth, from	130	to	150;
At birth from	120	to	150;
One month from	120	to	140;
One year from	115	to	130;
Two years from	100	to	115;
Three years from	90	to	100;
Seven years from	85	to	90;
Twelve years from	80	to	85;
Fifteen years from	75	to	80;
Twenty years from	70	to	75;
Thirty years from	65	to	70;
Old age from	50	to	65;

It appears that in extreme old age the pulse becomes more frequent as we again approach the state of infancy.

The pulse of a female is generally more frequent than that of a male of the same age; and in persons who are very irritable it is more frequent than in those of an opposite character.

In health, the pulse, besides giving the regular number of beats, is entirely uniform, both in regard to the time occupied in the flow of the blood, and the intervals between; and is moderately full, of a medium strength, and is neither hard nor soft. But, in disease it may deviate in any or all of these respects; it may be too hard giving a sensation to the finger like a piece of wire, or a tight cord, and is technically called corded or wiry; it may be too soft and yielding; or it may be irregular and intermitting; may be attended with a thrill, or give the sensation of a double beat, &c. Physicians have given more than fifty varieties of the pulse, but as a majority of them are neither useful nor diverting, we shall not insert them here. When we speak of variations in the pulse, as indicative of disease, we must be understood as speaking in relation to the pulse of the same individual, in a state of health. It requires much skill and experience to be a good judge of the pulse of a stranger.

Besides the circumstances above mentioned as giving rise to variations in the pulse, it may be suddenly excited by the presence of a stranger; by apprehensions of danger or suffering, at the hand of the physician, or by disease. If, therefore, we wish to get the true pulse, we must not go about the examination in too formal a manner, especially if the patient be young and timorous, or, we will defeat ourselves by the fears which our

presence may excite. Better take hold of the wrist with apparent indifference; and with the mind fixed on the pulse, draw off the mind of the patient by conversing on some other subject; and, after an interval of some minutes, examine again. A second, and even a third examination may be necessary, especially with young females, before the true pulse is obtained. In general we conclude if the pulse is slow, full, and strong, the derangement is superficial, and the case not dangerous. If "*quick, full* and strong, with free perspiration," the obstructions are deeper than the surface and first passages, in which case, the system must be first relaxed, and then stimulated.

A quick, small, and strong or wiry pulse, shows that the obstructions are still deeper and requires the same treatment as the last but more energetic and longer continued.

An irregular or tremulous pulse, shows extensive derangement of the circulation, and is always indicative of danger.

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## VISITING THE SICK.

We now come to rather a delicate part of our subject, which we would willingly avoid did not a sense of duty compel us to speak out: that is,

*Objections to the indiscriminate system of visiting the sick.* It is doubtless very pleasant to have kind friends to wait upon, and sympathize with us while suffering under disease; and while we would not take one consoling friend from the bed side of the sufferer, we should be well con-

vinced that the presence of mere visitors would have a salutary influence, before they were allowed to approach. "How often," says a late writer, "have we writhed in agony, afterwards, at the bare remembrance that our departed friend had been forced to leave us in consequence of our own want of firmness in preventing a host of visitors from entering the sick chamber, and that too on a Sabbath day; a day of peculiar fitness for the idle gossips of a village." It is too true, that many persons who will not take time to visit the sick through the week, will assemble in crowds around them on the Sabbath day; such conduct cannot be too severely censured. It has more than once fallen to our lot to witness the ill effects of this practice.

We have shown elsewhere the injurious effects, upon the weak and delicate, of breathing air that has been corrupted by the breath of others; but beside poisoning the air, the interruption, and in fact, the very presence of strangers, their looks, gestures, and often foolish whisperings, excite apprehensions in the minds of weak patients, that have a very depressing influence, and should be carefully guarded against by every friend of the sick. And, strange to tell, some are so thoughtless, as to relate disastrous tales of suffering and death, within the hearing of the sick, and thus sink still lower, the spirits of those who are, perhaps, already on the borders of despair. The patient's mind should be kept as tranquil as possible. His hopes should be encouraged, and his spirits kept up by every reasonable prospect of returning health. The influence of the passions and emotions of the mind up-

on disease is not fully known or realized by those who have not investigated the subject. It has been ascertained by actual experiment, that fear, grief, anger, and other depressing passions and emotions will produce permanent disease, which in some instances has resulted in death.

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## REMARKS ON FEVERS IN GENERAL.

FEVERS form so great a proportion of the ills of mankind, and are frequently of so malignant and fatal a character, that they assume a very important place in the classification of disease. It is estimated that a majority of mankind die of fevers. The causes that give rise to this class of diseases, are numerous and diversified. Of these the following are, perhaps, the most usual; viz, a check of perspiration by exposure to cold, contagion, errors in diet, impure air, suppression or stoppage of some usual evacuation, extreme heat or cold, and noxious effluvia from low, moist and unhealthy situations. These being the most common causes of fevers, it becomes the duty of those who would shun them to carefully avoid their causes. Many are running themselves into dangers and difficulties which we think do not lie in their way; while others, and perhaps the same persons, are equally criminal in endeavoring to avert the judgments of Heaven by neglecting their duty towards their afflicted fellow mortals. Reason, experience, and Scripture give the same united testimony upon this subject: "He that would save his life, shall lose it." We have more than once had occasion

to observe that those who were most fearful, and took the greatest pains to run away from disease, were the first overtaken; while those, on the contrary, who went forward in the faithful discharge of duty, remained in safety. The very confidence inspired by a sense of duty is itself a great safeguard against disease; while the depressing influence of the fear, resulting from guilt, invites its attack. Very few fevers are contagious, where proper cleanliness is observed.

The most usual, distinguishing features of fever are loss of appetite, general debility, increased heat, frequent pulse, pain in the head, and the derangement of the vital functions: or, fever is the necessary consequence of a locked up state of the secretions; that is, an obstruction of the secreting organs, the skin, liver, pancreas, &c. Fevers are usually attended with sickness of the stomach, a sense of weariness, anxiety, thirst, want of sleep, wasting of the flesh, and delirium.

They have been divided into intermittent, remittent, continued, and such as are accompanied with an eruption on the skin; as small pox, measles, &c. An intermittent fever is one that is marked by distinct intervals of freedom from fever. A remittent fever is one in which the symptoms increase and decrease, usually at stated periods, but do not entirely leave the patient during the course of the disease. By a continued fever we are to understand one which does not leave the patient nor show any remarkable increase or decrease. Continued fever is also divided into acute, slow, and malignant or putrid. It is called acute when

its progress is rapid, and its symptoms are violent ; but when its symptoms are mild and less rapid in progress it may be denominated slow, or chronic, if of long standing. When livid spots appear on the skin and other symptoms denoting a putrid state of the humours, it is termed malignant or putrid.

In the treatment of fevers, it should always be borne in mind, that they are salutary efforts of the system, to throw off some offending cause ; and instead of crippling its energies, by debilitating measures, we should observe with diligence the course pointed out by Nature ; and endeavour to assist her operations. Our bodies are so framed as to have a constant tendency to expel or throw off whatever is injurious to health. This is usually done by sweating, stool, vomiting, or some other evacuation. If these efforts were duly attended to, and promoted, at the beginning of the fever, it would rarely continue long. The dry tongue, parched skin, burning heat, and unquenchable thirst, are indications not to be mistaken. What is so well calculated to relieve thirst, thin the blood, promote perspiration, and remove obstructions, as water, teas, thin gruels, and wheys, of which, water is the principle ingredient ; and who, but the most prejudiced and superstitious, could withhold the remedy, or withstand the entreaties of the patient for that which nature so loudly demands.

And is it not equally plain that when the skin is dry and parched with heat, that we may soften and relax it, and open its pores by sponging or bathing with weak lye, saleratus water, or even

soft water alone. Some may think of danger from cold, or some fanciful cause, we know not what, from such a course in a burning fever; but we have done so, and caused it to be done, scores of times, in various grades and classes of fevers, and have never seen the least injury result from the practice.

When there is pain and over determination of blood to the head, the feet should be bathed in warm water to equalize the circulation.

Fevers generally have a tendency to produce determination of blood to the *brain* and disturbance of the mental operations; hence the necessity of every precautionary means to prevent irritation and disturbance of the mind. Darkness has a very soothing influence, and where the brain is much involved in the disease, the clear light of day should never be admitted into the room.

*The stomach and skin* are seriously involved in almost every variety of fever, and claim our special attention. To relieve these, *emetics* are peculiarly adapted and can seldom be omitted without seriously interfering with the safety of the patient. They not only rid the stomach of all irritating and offending matter, but they unlock all the secretions, open the pores of the skin, and promote perspiration; diminish heat, reduce the frequency of the pulse, equalize the circulation, and ease pain; thus at once disarming disease of its most painful and dangerous symptoms.

*The bowels*, next to the stomach and skin, demand attention. While they remain costive and loaded with morbid matter, fever and pains in the

head will frequently recur, notwithstanding the most appropriate means may be adopted for their prevention if the cause be not removed. Some appropriate physic should follow the emetic, at the commencement of a fever; and after the bowels have once been properly cleansed, it should be repeated with great caution, lest we produce debility in the midst of disease, out of which the patient can never be raised: better keep the bowels loose by injections and laxative diet.

On recovering from a fever, every precaution should be taken to prevent its return. Many useful lives are annually lost for want of proper care at this critical time. The mind should be as free from care and anxiety as possible; and every thing like fatigue of body or mind carefully avoided. The stomach being very weak, the utmost care must be taken not to over-load it with raw, heavy or indigestible food.

## INTERMITTENT FEVER,

FEVER AND AGUE, OR CHILLS AND FEVER.

(*Febris Intermittens.*)

### CHARACTER.

INTERMITTENT fever is a disease in which there are distinct paroxysms, or periods of fever, with intervals of freedom from fever. It has received different names according to the different periods at which it is observed to return; as, first, second, third, and fourth day ague. This is all that is meant by *quotidian, tertion, quartan &c.*

### CAUSES.

This fever is generally caused by effluvia, or exhalations from stagnant water and marshy ground. It may also arise from a debilitated state of the system from any cause; as, poor diet, damp houses, lying on the damp ground, exposure to the night air at late hours, or when the body is fatigued. Whatever obstructs perspiration, or destroys the equilibrium, or balance of the circulation, will favour the developement of this disease.

Intermittent fever is very liable to return from slight causes; as, fatigue, exposure to damp, or cold air; return of the same season next year; over-loading the stomach with too much, or too

rich food; eating raw, watery or unripe fruit, &c.

## SYMPTOMS.

The paroxysms of intermittent fever are divided into three stages: the cold, the hot and sweating stages. At the commencement of the first or cold stage, the patient feels languid, weak, and indisposed to action; he stretches, yawns, and feels greatly oppressed. The whole body becomes pale and shrunk, especially the extremities.

Sometimes the sensation of cold is intense, and the patient will shake severely; at other times the coldness is more moderate and some slight trembling is all that is experienced.

After the cold sensation has continued for some time, it begins to subside, and is succeeded by a glow that spreads itself successively over the whole body, and in a short time is converted into a heat of greater or less intensity; the face and other parts of the body redden, the skin becomes dry, with great thirst, headache, anxiety and restlessness; the tongue is furred, the pulse is frequent, and generally hard and full. This stage is sometimes accompanied with delirium, convulsions &c. and is attended with more or less danger. After the hot stage, a moisture breaks out upon the face and gradually spreads over the body; upon which the fever subsides, and there is an abatement of all the distressing symptoms, and the patient feels but little inconvenience, except from weakness. All the symptoms above described are repeated over and over, every twenty-four, forty-eight, or

seventy-two hours, more or less, according to the type or form of the disease. The danger is in proportion to the severity of the symptoms; the length of the different stages, and the amount of disease in the intervals.

Agues seldom prove fatal, except by inducing other derangements, as chronic inflammation of the liver, or spleen, or by dropsical effusions into the abdomen.

### TREATMENT.

As we conceive this disease to depend upon a derangement of the stomach and bowels, a loss of balance in the circulation of the blood, and debility of the nerves, (caused by a deranged circulation,) it is evident that the first thing to be done is to cleanse the stomach and bowels: 2d, to equalize the circulation; and 3d, to tone the nerves and strengthen the system.

The first two objects will be best accomplished by giving an emetic; for the mode of giving which, see course of medicine. The best article for this purpose is lobelia, which should be given in such divided doses as will keep the patient nauciated or sick for some time before he is vomited; this opens the pores, unlocks the secretions, and equalizes the circulation. After vomiting commences it should be promoted by giving boneset, catnip, or other teas, till the stomach is well cleansed.

After the stomach is settled and the patient rested, a dose of the antibillious pills, or mandrake physic, should be given to move the bowels and rid them of any unhealthy matter that may be

lodged therein.\* Such a course, given a short time before the expected chill, will often break the disease without any other remedies.

Should any peculiarity of the system, or circumstances of the patient, render it imprudent to give an emetic, let it be omitted and the physic given. In this case it is better to give the physic in divided doses, to be repeated every hour. After the operation of the physic, take of the compound tincture of dogwood and cherry, one table spoonful every hour, or as much as the stomach will bear, till the time for the return of the chill or shake has passed; then, the dose need not be repeated more than once in three hours, till within four hours of its return again, when the dose must be repeated every hour, for four or five hours, and so on. This course will seldom fail; but if it does not break the shake in two days, repeat the emetic on the third day, some two hours before the expected shake, using the vapour bath before the emetic. This treatment, persevered in, will cure any case not complicated with other derangements. When the patient labours under some other disease the appropriate remedies must be used for it also.

*Cold Stage.* In addition to the emetic and physic, let warm stimulating teas be taken freely to warm the stomach, and as far as possible shorten the chill; and by so doing the other stages will be proportionally shorter; for this purpose, composi-

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\* All the compound articles mentioned, with directions for making and giving, can be found in their proper places by referring to the index.

tion, penny-royal, boneset, Virginia snakeroot, or peppermint, will answer very well. The patient should be covered with warm clothes; and hot stones, or jugs of hot water, placed at the feet, shoulders and stomach.

*Hot Stage.* As soon as the heat returns to the system we should remove at least part of the bed clothes, and instead of the warm teas, cold water, lemonade or any pleasant and cooling drink may be freely given.

*Sweating Stage.* In this stage little need be done except to keep the patient as easy as possible, and avoid taking cold. After the disease has been broken, every care should be taken to prevent its return. The same remedy that cures the disease should be continued for some time, to prevent its return; but, in less doses and gradually discontinued. Night air, fatigue, and the hot sun should be carefully avoided, and all unnatural stimulants, such as distilled and fermented liquors, must be rejected. The food should be light, and taken in small quantities, so as not to overload or oppress the stomach. Avoid all raw and unripe fruits, cucumbers, watermelons, &c.

And as you regard your health, constitution, and life itself, avoid the numerous secret remedies recommended for this disease. They generally contain calomel, quinine, or arsenic, in greater or less proportions. They at best only check the disease for a time; but it will return with more and more violence. They imperceptibly wear out the slender cords of life; and it is only when

too late that the innocent and unguarded sufferer discovers that he has been poisoned.

Since writing the above we received the following, upon the most undoubted authority, as an effectual remedy. It has been fairly and fully tested, in the City of Philadelphia, and in various parts of Ohio; and so far as we can learn has never been known to fail.

Take best red peruvian bark	2 oz.
Cream of Tartar,	2 “
Cloves,	1-4 “

Pulverize and mix well; then divide into six equal parts; the first part to be taken two hours before the expected chill, and one every two hours, till all are taken. This sickens the stomach, and generally vomits and purges; which is rather severe at the time, but is highly necessary to the cure.

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## REMITTENT FEVER,

(*Febris Remittens.*)

### CHARACTER.

By a remittent fever we mean that kind which abates, but does not go entirely off, before another attack comes on. It rises and falls, or increases and decreases, once in twelve or twenty four hours; but seldom leaves the patient without some degree of fever.

### CAUSES.

Remittent Fever is brought on by much the

same causes as Intermittent, or Fever and Ague; such as exhalations from marshy ground or stagnant water; and is most apt to appear when close sultry weather follows immediately after heavy rains or great floods. It is more common in the south and south western parts of our country. In some of the southern States it is a yearly visiter; prevailing most in August and September, when the excessive heat, impurities of the atmosphere &c., have the greatest tendency to derange the stomach and liver.

### SYMPTOMS.

This fever commences very much like fever and ague. It is preceeded by languor, anxiety, restlessness, yawning, and sometimes by alternate flashes of heat and cold; pain in the head and back; thirst, the heat of the body is increased, more or less difficulty of breathing, tongue coated; the eyes and skin are generally of a yellowish color; sometimes there is sickness of the stomach and vomiting. The pulse is frequent, and either full or low according to the constitution and condition of the the patient. The urine is scanty, high colored, and the skin dry.

After these symptoms have continued for some-time, the fever abates, a gentle sweat breaks out, and the patient is better, but not well. After a few hours, more or less, according to the severity of the disease, the fever again returns, and then abates, and so on till it ends, or assumes another form; that is, till it turns to fever and ague, or

changes to a typhus fever. When it turns to a regular shake, it is less dangerous and more easily cured; but when it assumes a typhus form, which it is likely to do if the patient has been bled, or too much physicked, the case will then be more tedious and dangerous. Another form of Remittent fever is called

**BILIOUS REMITTENT FEVER.**—Which comes on with a distinct chilly fit, and is succeeded by the ordinary symptoms of fever, with a frequent, full and soft pulse: the tongue has a yellow or dark cast, is not attended with much sharp pain; “but great aching and restlessness,” sickness of the stomach, or vomiting of bilious matter.

This form is not so dangerous as the one above described.

### TREATMENT.

The treatment of this fever should be prompt and decisive; half way measures will rarely succeed, unless it be in its very mildest form. Emetics in the first stages of the disease are of the greatest advantage. After the emetic, a dose of the antibilious pills, or mandrake physic, should be given, as soon as the stomach settles. If the emetic and physic are properly given, and repeated as often as may be necessary to unload the stomach and bowels, and keep them clean, the more violent symptoms will generally be subdued, and the remainder of the cure will be easily effected. But if the first stages of the disease have been suffered to pass without proper treatment, the case is likely to be much more obstinate.

If the tongue is still coated after the proper use of emetics, give of the mandrake physic, one-fourth of a tea-spoonful to a full grown person, every hour till it operates. Given in this way, it acts powerfully on the stomach and liver, and promotes a healthy action in these organs. The physic may be repeated every second or third day, if the state of the disease demands it; whether the bowels be costive or not, as the design is not so much to move the bowels as to promote the secretions of the stomach and liver.

To prevent the fever from rising, we should commence, if possible, sometime before the expected return of the fever with some snakeroot, boneset, hyssop or other tea, calculated to produce perspiration; at the same time let the feet be bathed (see bathing the feet,) and as soon as the tea is ready, add to a gill of boneset tea, one teaspoonful of pulverized lobelia seed and the same of ipicac, if to be had; let it "draw" a few minutes and give a teaspoonful, more or less, as the stomach will bear, every twenty or thirty minutes, till the sweat breaks. When the fever rises do not oppress the patient with too many bed clothes in the vain hope of making him sweat; remember he may be too hot as well as to cold to sweat; while the skin is dry and hot, rub him all over every half hour with soft water and saleratus, or weak lye, made nearly milk warm. This must not be neglected if you have any regard for the comfort and safety of the patient, for this is one of the most effectual means of reducing the fever and promoting a healthy action of the skin. If the lobelia and ipicac cannot

be had or disagree, you may substitute, in their stead, any of the articles used for sweating; (see medicines for sweating.) After the stomach and bowels have been cleansed, as above directed, the most important part of the treatment devolves upon the nurse. The medicines and teas must not be given according to the clock so much as according to the state of the patient. Watch to keep the skin always moist, and the feet warm with hot bricks if necessary. Twenty-four hours of such treatment will break almost any fever, and is worth a week's attendance in a careless, inattentive manner. Sometimes there is severe pain in the head, to relieve which apply a plaster of mustard, about as broad as a dollar, to each temple, which may be left on 20 or 30 minutes. Cayenne pepper or No. 6 may be substituted for the mustard, but must be kept on much longer. Brown paper, wet in warm vinegar, and applied to the forehead, will often give relief; bathing the feet in warm water is also beneficial.

If there be pain in the stomach, bowels or elsewhere, apply a flannel wrung out of a decoction of bitter herbs, as hot as can be borne, to be changed every few minutes; or apply the mustard &c., as above directed. *Water in which slippery elm bark has been steeped*, is both pleasant and beneficial as a drink; give it plentifully.

When the fever has subsided, and the patient is very weak, and the pulse low, brandy may be given in sweetened water, or sweet milk, sufficient to keep the patient from sinking, till the stomach is able to digest food, to answer the same purpose.

## 106 INFANTILE REMITTENT FEVER.

**DIET.**—During the fever, the diet should be light and unirritating; such as buttermilk whey, hot buttermilk and light bread, toast bread, with vinegar and water sweetened, &c. After the fever is gone, the diet may be more nourishing. Use moderate exercise, and avoid overloading the stomach *with food that is too rich*; or you may pay dear for *your folly*.

### INFANTILE REMITTENT FEVER.

Fever of a remitting character sometimes attacks children, between the ages of one and six years; and comes on gradually, exciting very little alarm at first; but, it rivets its chains as it goes, and is seldom shaken off without much difficulty and danger.

### CAUSES.

This fever appears to arise from derangement of the stomach and bowels, from neglected colds, unhealthy diet, &c. Some think it may be caused by “absorption of the putrid contents of the intestines.”

### SYMPTOMS.

This variety of fever, in many of its symptoms, resembles dropsy of the brain: for the marks of distinction between them, see “dropsy of the brain.” It comes on gradually; the child is usually fretful, the skin dry and hot, pulse quick, breathing hurried, sick at the stomach, bowels generally costive, sometimes too loose; sleep disturbed by frightful dreams. The fever generally rises twice in the day, during which the child is very stupid and drowsy; sometimes flighty. “These symptoms

generally manifest themselves more or less, for eight or ten days, when all at once a more violent paroxysm of fever will arise, preceded by a shivering, and by vomiting. The pulse rises to 140 per minute; the cheeks are flushed, the drowsiness is much increased, and the child keeps picking, almost incessantly, at the skin of the lips and nose, and of the angles of the eyes."

### TREATMENT.

The stomach and bowels must be well cleansed, by an emetic of lobelia tincture, well sweetened; followed by a physic of Senna two parts, and ginger one part; a strong tea of which must be given, in table spoonful doses, every hour, till it operates. The skin must be kept moist by using the sweat powders, No. 1 or 2, aided by drinking freely of black snakeroot or boneset, or some other suitable tea. The skin should be sponged or rubbed with luke warm water, as often as it becomes dry and hot. If the fever still rises, repeat the emetic and physic, if the patient has strength to bear it; otherwise, we must depend upon the sweat powders and sponging. When the fever has nearly subsided and the patient is weak, give some suitable tonic: see tonic.

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### YELLOW FEVER.

(*Typhus Icterodes.*)

The yellow fever varies both in its symptoms and danger according to the climate, age and constitution of the patient, &c.

In persons accustomed to the climate, where this fever is a native, it is often as mild as an ordinary case of billious remittent fever, which it very much resembles. But, in strangers that visit that climate, or when it makes its appearance in our large Cities, it generally commences with great violence; sometimes ending in death within forty-eight hours of its attack.

### CAUSES.

The causes as well as the treatment of yellow fever have been a fruitful theme of controversy among medical writers. But from the best information we can collect on the subject, it seems evidently to be caused by exhalation or vapour, arising from collections of filthy, putrescent, or decaying vegetable and animal matter. It has also been brought to this country in ships from the West Indies and other warm climates.

Some have supposed it to be contagious or catching, but this we believe to be a mistake. *Dr. Beach* says "It is evident that yellow fever is not contagious, except under peculiar circumstances. It is highly infectious within a certain distance of an infected ship or place. In other words, as far as the atmosphere is sufficiently contaminated with the deliterious effluvia, it may be communicated to those who inhale it. This was clearly proved when it last occurred in this city in 1832. A certain part was enclosed called "the infected district." Those who went within it caught the fever, while those who remained outside were free

from it. But it is equally as clear and as well established, that the fever was seldom, if ever, communicated to those who visited or nursed such as were sick with it. As soon as they were removed into the country, or even a short distance from the infected part, they never communicated it to a single individual.

### SYMPTOMS.

Yellow fever generally commences with a sense of weariness, giddiness, pain in the back, loins and limbs, chills, sickness of the stomach, faintness and general debility. After a few hours these symptoms are followed by a hot and dry skin, red eyes, extreme headache, great thirst, pain in the limbs and sense of weight at the stomach. The tongue is covered with a white or yellowish fur. "Towards the end of the first 24 hours, the patient begins to vomit frequently; particularly after taking drinks." At first only such things are thrown up as have been taken into the stomach; but as the disease advances, the matter thrown from the stomach becomes darker, till it has the appearance of coffee grounds. These symptoms generally last from twenty-four to thirty-six hours, when all the symptoms, except the sickness and vomiting, subside; and patient and friends sometimes flatter themselves that the danger is passed. After a few hours the symptoms all return with increased violence; the urine is high colored, and becomes more and more scanty; the breath is offensive, and signs of putrefaction ensue. "The

eyes, and skin about the neck and breast, now acquire a yellow hue. This second paroxysm, or fit of increased violence, continues, commonly, from twelve to thirty-six hours; and is succeeded by a new train of symptoms, which mark the third stage of the complaint. The pulse now sinks in frequency, force, and violence; the tongue is dark brown, or black; the vomiting becomes almost incessant, and exceedingly forcible." "Diarrhœa or looseness, usually occurs at this period: the discharges being green or black." The pulse sinks, and hiccough, and death follow.

Such is a brief history of the ordinary course of this fatal disease, but there is considerable variation in different cases.

## TREATMENT.

"The only safe treatment," says Dr. Beach, "is stimulation. The skin is especially inactive, in yellow fever, and so is the liver. Hence the bile, a fluid necessary to digestion, instead of being discharged into the stomach, is distributed through the system, and reaches the skin to be thrown off by perspiration; but the skin being inactive, and perspiration consequently checked, this bile is retained at the surface: hence the dryness and yellowness of the skin." The stomach and bowels, also, are paralyzed; hence the loss of appetite, and inability to digest. Under this theory of cause and symptoms the mode of cure "is to excite action where it is most deficient, in the stomach, bowels, liver, and skin; and this can be done only

by stimulants." To carry into practical operation the theory here laid down, let the patient be carried through a regular and thorough Thompsonian, "course of medicine." (See course of medicine.) After he has been vomited, sweat, &c. as directed, give a dose of the anti-bilious pills, or mandrake physic. This course of treatment must be repeated every day, or even oftener, if the urgency of the case demand it; and when commenced in time, and promptly and perseveringly carried out, it will seldom if ever fail of a cure. If however, from being applied too late or from any other cause, it should fail to subdue the fever, and the skin still dry and hot, let the patient be washed or sponged all over, with weak lye or saleratus water, as cold as is consistent with his feelings; which must be repeated every half hour while the skin remains dry and hot. The patient, in the mean time, should be allowed as much cold water **a**s he chooses to drink; which he should take in small quantities at a time. Some times, the most decided advantage has resulted from repeatedly bathing in cold water, till the fever abates. Snake root and boneset tea has been found beneficial in this disease. It must be drank freely, so as to promote a free perspiration, if we would expect it to be beneficial. It is related, that Mr. Gilbert Fowler cured himself of yellow fever, by drinking two quarts of strong boneset tea; to which was added half a pint of French Brandy. The whole was taken as warm and as fast as possible. This, by its action on the stomach, skin &c. soon relieved him. Should the stomach still refuse to settle, and

remain irritable, put a mustard or horse reddish plaster over the pit of the stomach; and put half a tea spoonful of soda or saleratus in a tea cup full of strong peppermint or spearmint, tea; of which give a tea spoonful every five or ten minutes, till the stomach settles; or give peppersauce in the same quantity.

When the patient has any disposition to eat, let his diet be very light and of easy digestion, taken in small quantities at a time. Almost any of the vegetable acids may be used as a drink; vinegar and water sweetened, lemonade, fresh cider, diluted with water, and none is better than good cold water, if it can be procured. The patient should take moderate exercise, and be strictly temperate in all things, for some time after recovery.

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## TYPHUS FEVER.

(*Febris Typhodes.*)

To reconcile the various, discordant and even contradictory statements of medical writers, concerning typhus fever, has caused us much trouble and perplexity. The cause of this confusion appears to be that two distinct diseases have been confounded; viz. typhus and typhoid Fever. They commence alike and bear some resemblance to each other through all their different stages. Though they have many distinguishing features which we shall point out, yet they are so nearly alike in *nature and character* that we shall treat them as the same disease.

## CAUSES.

Whatever depresses the spirits, or impoverishes the blood, may cause typhus fever, such as intense study, poor diet, moist, close or impure air; or it may be occasioned by bleeding, or the use of mercury and other poisonous medicines. It is most prevalent in hot, damp weather, and is most fatal to those who live in narrow and dirty streets, jails, hospitals, or in any other situations where the air is confined and impure. It may also arise from contagion, where the air is confined and proper cleanliness is not observed; but where the patient's room is sufficiently large, and fresh air freely admitted, and every thing kept sweet and clean, it seldom becomes catching.

## SYMPTOMS.

*First or premonitory stage.*—There is an uneasy and painful sensation at the pit of the stomach, loss of appetite, lightness or swimming of the head, countenance sunk, heaviness of the eyes, a sense of weariness of both body and mind; chills, with occasional flashes of heat; tongue covered with a white fur; sickness and sometimes vomiting; a quick, small and irregular pulse, and the whole body as well as the mind very much depressed. After about a week the second stage, called the *stage of excitement*, commences. The fever now increases, the face is flushed, the pulse rises, the skin dry and considerable thirst, the patient is fret-

ful and cannot sleep. About the 8th or 9th day he is more or less delirious or flighty, especially at night; pain in the back, and a general soreness all over the body. Red or rose colored spots appear on the body about the 4th or 8th day, according as it is typhus or typhoid, as may be seen below. About the 14th day the third or *sinking stage* sets in. The fever now subsides, the patient's strength is gone, the pulse is weak and rapid, the tongue is brown and afterwards black, and he becomes stupid, & indifferent in regard to himself and every thing around him. We have now given a general description of the two forms of typhus fever; but let it be remembered, that in the same form, there will seldom be two cases exactly alike. The true typhus is a fever common in some parts of Europe, and is very dangerous and catching; but is quite rare in the United States; though we sometimes see it in a modified form. We will now contrast the two forms of this disease, in order to show more clearly the exact difference between them.

### CONTRAST.

TYPHOID.	TYPHUS.
1. Endemic; that is, confined to a particular place or people.	1. Epidemic, or seizes a number at the same time.
2. Not propagated by personal infection; not catching.	2. Readily propagated by personal infection, quite catching
3. Attacks young, adults, and children.	3. Attacks all but children.
4. Greatest liability, under 25 years of age.	4. Greatest liability over 25.
5. Age most liable, from 15 to 25.	5. Age most liable, from 30 to 40.

## TYPHOID.

## TYPHUS.

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| <p>6. Attacks, chiefly, strangers.</p> <p>7. Seldom ends before the 20th day.</p> <p>8. No sensible remission or abatement.</p> <p>9. Diarrhœa, 1st week.</p> <p>10. Pulse not over 100 per minute.</p> <p>11. The patient has musty smell when sweating, and smells sour when dry.</p> <p>12. A few rose colored spots, the shape of a lens, appear on the belly and breast, about the 7th or 8th day; and will almost disappear when pressed.</p> <p>13. Sudamina, that is pimples caused by sweating, rare.</p> <p>14. Petechiae rare, that is small spots resembling flea-bites, rare.</p> <p>15. No critical, or relieving sweat.</p> <p>16. Mortality one fifth to 1-6th.</p> <p>17. Constant primary, and characteristic lesion, or mark of the disease; to be found on examination after death.</p> <p>18. Second attack unknown.</p> <p>19. Affects the bronchia or tubes leading to the lungs.</p> <p>20. Common in summer and fall.</p> <p>21. Found in all climates.</p> | <p>6. Attacks all alike.</p> <p>7. Often ends before the 14th day.</p> <p>8. Remits after an increase of excitement, about the 7th, or 14th, day.</p> <p>9. Seldom before the last week.</p> <p>10. Usually from 100 to 120.</p> <p>11. Has a smell resembling harts-horn.</p> <p>12. Red spots over all the body, numerous and not obliterated by pressure; come out about the 4th, day.</p> <p>13. Sudamina common.</p> <p>14. Petechiae common.</p> <p>15. Always a critical sweat.</p> <p>16. Mortality one sixth to 1-12th.</p> <p>17. No constant characteristic lesion.</p> <p>18. Often recurs.</p> <p>19. Affects the lungs.</p> <p>20. Common in winter &amp; spring.</p> <p>21. In temperate and cold climates.*</p> |
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\* For this arrangement, we are indebted to our friend and instructor, Prof. Mitchell, of the Jefferson Medical College, Phila. whose memory, as well as that of the other worthy names associated with him, in that Institution, we shall ever cherish with sentiments of respect and gratitude.

The danger is in proportion to the frequency and irregularity of the pulse. Some parts of the body hot, while others are cold, is a dangerous symptom. Delirium is common, and the patient frequently says he is better, when he is worse. Costive cases, it is said, seldom prove fatal. The small spots, spoken of above at fourteen, can be distinguished from flea bites, by a black speck being in the centre of the flea bite, better seen through a magnifying glass.

### TREATMENT.

If given in the commencement of the disease, no treatment is more beneficial than an emetic and it can be advantageously given at any time, before the third or *sinking stage*. After that, it should not be given except the stomach be very foul. "Emetics, says Dr. Beach, judiciously given, not only cleanse the stomach of its acrid and morbid contents, but the impression which they give to the skin, the other excretions and the whole system, is attended with a very excellent effect. They promote perspiration, and thereby prevent congestion, expel irritating agents from the circulating mass, give tone and energy to the stomach, liver and connecting organs, and in many cases their early use breaks up the disease before it becomes fairly seated or established; and at any rate mitigates the symptoms."

A gentle physic should be given every other day; the common physic, Antibilious pills, or mandrake physic; any of them will answer. The bow-

els should be kept regular, throughout the disease, either by giving physic or injections, or both, as often as the case may require. It is better not to use the same article as a physic too long, or it will loose its power. Change them, and use injections frequently, when the bowels are disposed to be costive. Active purges should never be given in this disease, except in the first stage, and then just sufficient to clear the bowels of vitiated matter; to remove costiveness we should depend on injections; because the bowels can be cleared in this way without reducing the strength of the patient.

A gentle perspiration or moisture should be kept on the skin, throughout the disease; for this purpose the powders, No. 1 or 2, are well adapted. The operation of the medicine should be aided by drinking freely of snake root, boneset, catnip, or some other tea calculated to produce perspiration. When the skin becomes moist, and the patient is quiet and easy, the moisture should be kept up by the use of teas, and the powders only repeated as necessity requires.

*Cooling drinks.*—When the fever is high, and the thirst great, the vegetable acids form very pleasant and cooling drinks; lemonade, apple water, a little vinegar in water sweetened, &c., are grateful. But of all the cooling drinks, ever recommended in this or any other fever, cold water stands at the head. It is the best, cheapest, and the most pleasant; may be given under all circumstances, and at all times. The only precaution necessary is “not too much at a time,” give it as often as called for. As often as the patient’s skin

becomes dry and hot, wash him all over with cool soft water, or vinegar and water. This is cooling, refreshing, and strengthening; forget it not!

*Sinking Stage.* When the strength fails, the pulse sinks, and the fever subsides, we must support the strength of the patient by suitable tonics and stimulants. A teaspoonful of wine bitters, or spice bitters, may be put in half a pint of boiling water; and a table spoonful taken every two or three hours; or, if the head be free from pain, and there be not too much fever, the same quantity of the bitters may be put to a gill of French brandy and a gill of water, and given in the same way. Composition tea, properly sweetened, should be drunk freely. Should these disagree with the stomach, or be insufficient to keep the pulse from sinking, brandy or wine may be given, diluted with water, and sweetened, if most agreeable to the patient. Enough of these articles should be given to keep the pulse from sinking, without regard to the quantity.

When some parts of the body are hot, while others are cold, the cold parts should be rubbed with cayenne pepper and vinegar. Mustard plasters may also be applied along the course of the back-bone; but should never be left on one place more than thirty minutes. At the end of that time they should either be taken off or shifted to another place. The room of the sick should be well aired, and kept clean, as well as the patient himself. Centaury, boneset, and camomile teas, are highly recommended in the latter stages of typhus, to which we will add dogwood, cherry and

poplar, steeped in water, and used as a drink.

DIET.—During the prevalence of the fever, let the diet be thin & light; wheys, gruels, panado, &c. After the fever has abated, the diet may be more nourishing; as milk porage, mush and milk, mutton, squirrel or chicken soup; but keep out the grease. Take moderate exercise in the open air, as soon as able to ride; but avoid fatigue, noise and passion.

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## MEASLES.

(*Rubeola*.)

Measles are known by the appearance of a small eruption, somewhat resembling flea-bites, over the face and body; but particularly about the neck and breast, not tending to suppuration, or the formation of matter. Many of these spots soon run into each other, and form red streaks, larger or smaller, which give the skin an inflammatory appearance; and produce a perceptible swelling of the face. Each spot is raised a little above the surface, especially on the face, where they are manifest to the touch; but on the limbs and trunk they form only a roughness. This disease is very catching; and the person that has it once, seldom has it again. The disease generally appears about ten or fifteen days after receiving the infection. Winter is the most common season for its appearance.

## SYMPTOMS.

Measles generally commence, like other fevers, with chilliness, heaviness or oppression, heat and thirst, especially the first day; and these symptoms

terminate in a well formed fever. Sometimes sickness & even vomiting attend it. The most prominent symptoms are heaviness, with swelling and inflammation of the eyes, and the secretion of sharp tears; with sneezing and other symptoms of a severe cold. The patient is generally worse in the evening, and somewhat better in the morning.

The eruption generally makes its appearance about the fourth day. When the eruption appears fully on the surface, the fever generally abates; but does not entirely cease for some days after when the scales begin to fall from the skin.

### TREATMENT.

In many cases this disease is so mild as to require little or no medical aid, and in a majority of cases there is more danger to be apprehended from the popular remedies, for this disease, than from the disease itself.

If the natural powers of the system be insufficient to throw the eruption upon the surface, we must aid them to do so by such means as are calculated to open the pores of the skin, and reduce the fever. Bathe the feet in weak lye, and sponge or rub the body all over, with soft or broken water made milk warm, to which a little lye or saleratus must be added. In the mean time, give freely of boneset, snakeroot or composition tea.

If, from debility, cold or any other cause, the eruption should only partially appear; or, having come out, should it suddenly disappear, in addition to these means, give the sweat powders, No. 1 or 2; warm milk punch, &c., and if these

fail, use the warm or vapor bath, or a full course of medicine.

The bowels should be kept regular, with the mandrake physic, or antibilious pills; or for children, take half an ounce of Alexandrian senna and a table spoonful of ginger; cover with boiling water, and keep it hot; of this give a table spoonful every hour till it operates on the bowels; still adding more hot water as you take out; thus you will have it stronger than if the water were added at once. For the cough attending this disease give the Expectorant Syrup.

DIET.—Patients recovering from measles should be careful about their diet. Their food for some time ought to be light and in small quantities. Panado, gruel, ripe fruits, &c., may be taken. The patient may drink barley water, toast water, butter milk whey, &c. The room should be well ventilated, clean and of moderate temperature; and the clothes often changed; and taking cold carefully avoided.

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## APOPLEXY.

(*Apoplexia*.)

Apoplexy may be defined a sudden loss, or suspension, of all the senses and motions of the body; except those of the heart and lungs. The disease may be divided into two kinds: the Serus and Sanguineous. The first is caused by blood engorging and distending the vessels of the brain; or, by blood thrown out into the brain, by the rupture of

a vessel. The second is caused by serum, or a watery fluid, collecting in the cavities of the brain.

Apoplexy seldom, if ever, occurs in persons under twenty years of age. It is most common between forty and sixty five. Persons with short necks, large heads, florid complexions and who exercise little, and use a full diet, are most subject to this disease.

### CAUSES.

Whatever tends to produce general fullness of blood, or produces an unnatural or unusual determination of blood to the brain; as tight cravats, drinking spiritous and fermented liquors, violent exertions in lifting, strong fits of coughing, sneezing, long and loud speaking, playing on wind instruments, hard or too long continued study, &c. may produce this disease, in *those* predisposed.

Dr. Jackson, of the University of Pennsylvania, states that apoplexy is often caused by some disease softening the brain; and thus removing the support of the capillary, or small vessels of the brain; and the force of the heart suddenly ruptures the vessels, and death follows. In proof of this, he exhibited the brain of a man who died of apoplexy. On the surface of the brain there was clotted blood, from the rupture of the small vessels. It may also arise from the enlargement of the left side of the heart; causing it to throw the blood with too much force upon the brain.

### SYMPTOMS.

“Generally, there are premonitory or warning

symptoms of apoplexy; and it is in this stage that the most benefit from proper treatment is derived. In the first stage of the disease there is, generally, dull pain in the head, weakness, giddiness, particularly on stooping; dimness of sight, drowsiness; loss of memory, faltering of the tongue; bleeding from the nose, flushed face, heat of the head, and sometimes vomiting. But the attack is often sudden, when the person falls to the ground without warning, and lies as in a deep sleep; from which he cannot be roused. The pulse, at first, generally sinks quite low; but, after it recovers from the first shock, is generally full and strong. The breathing is generally attended with a noise like snoring. The fit may end in a few hours, or it may last twenty four, or forty eight hours, or even more. Sometimes the first fit proves fatal; if not, each succeeding one grows worse, and the third one generally carries off the patient.

In some cases, the patient lies for some time insensible, and motionless; and yet gradually recovers the use of his understanding and muscular strength; but, for the most part he is permanently deprived of the command of one side of his body; or he may regain it imperfectly, after a time: but his mind sustains a shock from which it never recovers.

## TREATMENT.

The first thing to be accomplished in this disease, is to relieve the fit by recalling the blood, from the brain to the surface and extremities; and to prevent its re-accumulation upon that tender or-

gan. The patient should be placed, with his head and shoulders raised, and supported in as easy and as natural a position as possible. Every thing should be removed from about the neck, and all the clothes made loose and easy. The feet and legs should immediately be placed in warm water and ashes, or weak lye. After they have remained in about fifteen minutes, still adding hot water to gradually increase the heat, rub them dry and cover them up; placing a hot stone near enough to keep them warm. At the same time cold water must be poured on the head, and the whole body rubbed with warm vinegar and cayenne pepper. "If the patient be unable to take medicine, a large injection should be immediately administered; made as follows: Take lobelia, composition, and fine salt, a tea spoonful of each, in a pint of water; and the same of sweet milk; to which add a gill of sweet oil, and the same of molasses: mix, and introduce with a syringe. A mustard plaster should also be applied between the shoulders. As soon as the patient can swallow, let a brisk purgative be given. This is infinitely better than the bloody practice usually pursued. For some time after the fit, the bowels should be kept open, by gentle purgatives; the feet frequently bathed in hot water, and the patient kept quiet and free from excitement.

*The diet* should be light, and thin, and taken in small quantities. Loading the stomach, high seasoned food, spiritous and fermented liquors, meats, and rich diet of all kinds, should be carefully avoided. Fatigue of either body or mind, and sudden changes from heat to cold, are also injurious.

## CATALEPSY.

(*Catalepsia.*)

### CHARACTER.

This remarkable and rare disease consists in a temporary suspension of consciousness, sensation and voluntary motion; the body remaining in the precise position in which it was, when the attack came on; without any muscular rigidity or spasm, the breathing and circulation continuing.

### CAUSES.


This affection occurs much more frequently in females than in males. It is most liable to occur about the age of puberty. Persons of nervous temperament, and those addicted to long and close mental application, are subject to it. The causes are various; but strong passions and emotions appear to be the most common. Violent anger, grief, disappointed love, hatred and terroure have caused it.

### SYMPTOMS.

The attack generally comes on without any premonitory, or warning symptoms. In some cases, however, before the attack, there are swimming or lightness of the head, pain in the head, flushed face, a feeling of heaviness, forgetfulness, pains in the bowels, yawning, depressed spirits, &c. When the fit comes on, every part of the body remains in

precisely the same position, in which it was at the moment of seizure. If the fit comes on while the person is doing any thing, as, drinking, for instance the hand will be suddenly arrested with, perhaps, the glass near the lips, & the mouth open. Even the expression of the countenance continues fixed, during the cataleptic state, as at the moment of attack. "One of the most remarkable circumstances of this affection, is the wax-like flexibility of all the members of the body, with sufficient muscular action to cause an extremity, or the whole body to remain in the exact position, in which it is put by another person. Thus, if during the cataleptic state, the arm be raised up, or in any way extended, or bent, it will remain so until the fit is over. In complete catalepsy the patient, on recovering, remembers nothing, either of his own internal sensations, or of any thing done about him, during the fit.

In some less perfect cases, the patient, on recovering, has some faint recollection of what occurred during the fit. In some cases, also, the breathing and pulse become so feeble, as to be imperceptible; and the whole surface is cold and contracted, as in death. It is to be feared that some near and dear to us have been buried in this state.

 The flexibility of the limbs, however, remains throughout; a circumstance which is never observed in dead subjects.

The duration of the cataleptic state varies from a few minutes to several days. A deep inspiration generally announces the return of consciousness,

sensation and voluntary motion. Sometimes catalepsy seems to resemble trance or ecstasy.

### TREATMENT.

During the fit, the patient's limbs and body, especially over the heart, should be rubbed with cayenne pepper and vinegar, made quite warm; and if the pulse is very weak, and the patient apparently lifeless; after being briskly rubbed for some minutes with the cayenne and vinegar, let the whole body be wrapped in a blanket, wrung out of warm water, and kept warm by jugs and bottles of hot water, laid about the patient. An injection must also be given, of composition tea one pint, molasses and sweet oil, castor oil or lard, and salt, each one table spoonful; mixing and introducing with a syringe. After the fit is over, to prevent its return, keep the bowels regular, use light diet, with exercise in the open air, cold bathing, &c.

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### SCARLET FEVER.

(*Scarlatina.*)

### CHARACTER.

So denominated on account of the scarlet colored eruption, which appears on the skin in this fever. It prevails more in winter and spring than in summer and fall; attacking children oftener than adults. By a majority of writers, it is divided into three forms; which should be regarded,

however, as nothing more than the same disease marked by different degrees of violence: 1st, simple scarlet fever; 2nd, scarlet fever affecting the throat; & 3rd, malignant scarlet fever or putrid sore throat.

The first, (*scarlatina simplex*) is the simple, constitutional disease, without any affection of the throat. The second (*scarlatina anginosa*) is a higher degree of the same complaint, with swelling and inflammation of the throat. The third (*scarlatina maligna*) is still a higher grade of the disease, with sore throat, and symptoms of greater malignity.

### CAUSES.

Scarlet fever arises from a specific contagion.

### SYMPTOMS.

This, like most other fevers, commences with chilliness, fullness or pain in the head, weakness, sickness at the stomach, or vomiting. The pulse is rapid, the breathing is frequent, and sometimes interrupted; the eyes red, and eyelids swollen, the root of the tongue and throat, if examined at this stage, will generally be found red, and inflamed. In two or three days the flesh begins to swell, and a prickling sensation is felt, all over the body; and the eruption comes out in red stains, or blotches. In about three days more, a gentle sweat breaks out, and the eruption disappears. Scarlet fever may be distinguished from measles, by the eruption in scarlet fever being more of a fiery redness, by its being spread over the whole body, and not in dis-

inct spots as in measles, and by its not being accompanied with any cough, or watering of the eyes.

In the second form, beside the symptoms above spoken of which are all of a more aggravated character, the mouth and throat are inflamed; and this is soon followed by grayish or ash-colored sloughs, which give the parts a speckled appearance, and render the breath more or less disagreeable; and without suitable remedies are soon applied, the patient may be cut off in a few day. In the third or malignant form of scarlet fever, the symptoms, from the commencement, are of the most alarming character. The patient is pale, sick and faint; the head is giddy, heavy and confused; the oppression about the heart is extreme; the heart palpitates, and the stomach suffers great uneasiness; but there is no vomiting, this organ being, probably, prostrated below the power of reaction.

The pulse is small & indistinct, with determination of blood to the head, causing redness of the eyes; throbbing, and extreme pain in the head; delirium; and in no other disease is there such intense, and burning heat on the surface. The face has a blue, or purple cast; and the expression of the countenance has some resemblance to that of an intoxicated, or drunken person. The eruption, in some cases, does not come out at all; or when it does come out, it suddenly disappears, or changes to a mahogany colour. When this occurs, the most alarming symptoms are to be looked for. "The sloughs, or ulcerated spots about the mouth, spread, and become of a dark colour; and the

whole mouth and throat are covered, at length, with thick sloughs, which, when they fall off, discover ulcers very deeply seated, and the parts appear quite black; and blood sometimes oozes from different parts. This form of the disease runs its course very rapidly, and frequently arrives at its height on the fifth or sixth day; and some cases prove fatal on the third.

### TREATMENT.

“From the appearance of the eruption on the skin, soon after the commencement of the disease,” says Dr. Beach, “it is very evident that this fever is produced by some morbid, (unhealthful,) matter, taken into the circulation, through the medium of the lungs; and that the increased action in the system, is a healthy effort of nature to throw off such humors or morbid matter; it is therefore our duty to aid nature in her salutary efforts. If unable to expel to the surface the irritating cause from the system, she must be assisted by sudorifics or sweating medicines. If her struggles are too great, by which too much inflammation is produced, she must then be restrained or moderated.”

In the mild or simple form of this disease, all that will be necessary is to keep the bowels regular with senna, to which should be added about half its weight of ginger; on this pour enough of boiling water to cover it, and set it where it will keep hot, but not boil. After standing some twenty minutes, give a table spoonful every hour, till it operates on the bowels. In the meantime give a

little saffron, composition or other suitable tea to keep the eruption on the skin. But in either of the other forms, where the throat is affected, or where symptoms of a malignant character appear, the treatment must be prompt and energetic.

An *Emetic* should be given in the commencement of the disease, and repeated if necessary. This not only unloads the stomach, but it discharges the unhealthy secretion from the throat, and glands of the mouth, opens the pores of the skin, and throws the diseased action upon the surface. By cleansing and producing a healthy action in the organs affected, the emetic prepares them for the beneficial effect of the other medicines. After the emetic, the bowels must be cleansed by a physic of senna and ginger, or the common physic; to be repeated as often as may be necessary to keep the bowels loose. To maintain a healthy action, and prevent mortification in the throat and glands, take cayenne pepper, a teaspoonful, or common red pepper double the quantity, fine salt a teaspoonful, alum a piece as large as a grain of corn, on this pour a gill of boiling water and let it stand fifteen minutes; strain and add a gill of good vinegar; of this give a teaspoonful every hour. This is the proper dose for a child 5 years old; the dose must be regulated to suit the age of the patient. The beneficial effects of this medicine will be incredible to those who have not witnessed them. In the meantime the patient should be rubbed all over with a sponge or soft flannel cloth, wet in soft water or spirits and water, as cold and no colder than will be agreeable to his feelings.

This will cool the surface and refresh the patient more than any one thing that can be done, in the scorching fever that accompanies this disease; and should be repeated as often as the skin becomes dry and hot. The throat should be wet from ear to ear with number six, cayenne in warm vinegar or tincture of cayenne, and covered with a flannel cloth wrung out of cold vinegar or water, and covered by a second cloth to keep out the air. A dry cloth, in mild cases, will answer; for the wet, after the cayenne, will produce the most intense burning. If this treatment be commenced in time, and persevered in, there will be no danger of mortification; but if the proper means have been neglected and symptoms of mortification appear, in addition to the above means give of yeast and charcoal pulverized equalized quantities, a tea spoonful every 30 minutes, in sweet milk or water, and apply a poultice of the same to the throat. When the throat is much obstructed with tough mucus or phlegm, as is apt to be the case with young children, a gentle emetic should frequently be given to cleanse the parts and relieve the breathing. A tea of snakeroot, boneset, catnip, &c., should be taken as freely as the stomach will bear throughout the disease.

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### NETTLE RASH OR HIVES.

(*Urticary.*)

### CHARACTER.

These names have been applied to an eruption which suddenly makes its appearance on the skin,

and as suddenly disappears. It appears in elevated knots, or blotches, with a pale or white centre encircled with a red ring, attended with intolerable itching and stinging, resembling the sting of nettles. It generally comes out in the evenings, for an hour or two at a time, and generally disappears entirely in two or three days.

### CAUSES.

This troublesome disease is most common among children, especially such as are cutting teeth, or use considerable quantities of unripe fruits and watery vegetables that sour on the stomach. Sudden changes from heat to cold, and cooling too suddenly after being very warm. Eating certain kinds of food will produce it in some persons; as salt fish, honey, green cucumbers, strawberries, &c.

### TREATMENT.

To cleanse the stomach and bowels with a physic, and use spare, light diet is generally all that is necessary. But some times it is accompanied with a fever, sickness at the stomach, pain in the head, &c. In such cases it will be advisable to give an emetic, followed by a dose of the mandrake physic or antibilious pills; and to live on spare, light diet.

# PHRENSY, OR

## INFLAMMATION OF THE BRAIN.

(*Phrenitis.*)

### CHARACTER.

Phrensy is an inflammation of the brain itself, or of its lining membranes. It is called *primary* when it is not produced by any other disease. When it is produced by some other disease, it is styled *symptomatic*.

### CAUSES.

Phrensy is generally caused by some other disease; as fevers, eruptions disappearing from the skin, &c. Injuries received on the head, exposure to the heat of the sun's rays; the sudden influence of cold while the body is in a free state of perspiration; drunkenness, the stoppage of some habitual discharge &c.

### SYMPTOMS.

It generally begins with pain, and a sense of fulness in the head, attended in most cases with sickness of the stomach, and vomiting. As the disease advances the eyes become red and sparkling; the face is flushed, and there is more or less uneasiness along the backbone. The mind becomes more and more disturbed, till, in some cases, it acquires a degree of violence resembling the most violent madness. In such aggravated cases

the face becomes bloated, the eyes wild and furious; and the patient becomes restless and ungovernable. The pulse, at first full, becomes, as the disease advances, small, quick, and corded. The face is red and pale alternately, with twitching of the muscles on the face, grinding of the teeth, trembling of the joints, &c.

## TREATMENT.

As we conceive, the great difficulty in this disease, depends upon too great a flow of blood to the head and brain, it follows that the first thing in importance, is to divert the blood from the head to the extremities, and other parts of the body. To accomplish this, let the head and shoulders be raised and supported by pillows &c., in almost a sitting posture; the hands and feet must be placed in hot water, (see bathing the feet,) and the head poured at the same time with cold water, until it is cool or a sense of chilliness is produced, and repeated as often as it gets hot. The water should be only moderately cool at first, and the coldness gradually increased, as the heat of the head decreases, until the coldest water may be used. It should be poured on gently, and not from a height; as is sometimes done. The patient's feet & legs should then be rubbed all over with warm vinegar, made almost thick with cayenne pepper, or some other strong preparation of pepper; and then, with as little exposure as possible, wrapped separately in cloths wrung out of cold water, and these covered with dry cloths or bed clothes, so as to keep them

quite warm, and a jug of hot water applied to the feet. These means will produce an excitement in the feet and legs, and greatly relieve the head. In the mean time, the patient should drink freely of boneset, black snakeroot, catnip, or balm tea. Should there still be pain in the head, put a poultice of slippery elm all over the head, the hair being removed; and a mustard plaster on the back of the neck, not leaving it in one place more than thirty minutes; plasters may also be applied to the wrists, ankles, and stomach. The bowels must be moved once every day, till the inflammation subsides, with senna two parts and jallap one part, pulverized and mixed, a tea-spoonful to be given every three hours, in peppermint tea, till it operates. Cream of tartar and jallap, or salts may be used as a substitute.

The patient should be kept from light and noise, live on weak and light vegetable diet, and avoid study, reading, and every thing calculated to disturb or weary the mind.

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## DROPSY OF THE BRAIN.

(*Hydrocephalus.*)

### CHARACTER.

Dropsy of the brain consists in a collection of water, either between the membranes of the brain, or in the ventricles. It is divided into two varieties, internal and external. It is called *internal*, when the fluid is collected within the ventricles of

the brain; and *external*, when it is collected between the membranes of the brain. This last kind frequently assumes a chronic form, and the water has been known to increase to an enormous quantity, swelling the head to a very great size. Dropsy of the brain is almost peculiar to children, being rarely known to occur after the age of twelve or fourteen.

### CAUSES.

The effusion, or throwing out of water into the brain, is not so much a disease in itself, as the effects of inflammation; hence, some late writers treat of this disease under the head of inflammation of the brain. The inflammation which gives rise to the effusion of water into the brain, may arise from cold, from irritation in the stomach and bowels, difficult teething, falls or blows on the head, &c.

### SYMPTOMS.

This disease may be divided into three stages: 1st "the period of irritation; in which the symptoms are those of irritation rather than of inflammation; irritability of temper; irregularity of the bowels; variable appetite; starting in the sleep; transient flushes of the face; an irritated, quick pulse, an occasional frowning expression of the countenance; wakefulness; and grinding of the teeth.

2nd *Stage*. There is more or less continued pain in the head; bowels costive; sickness and vomiting, especially on being raised up; a peculiar ex-

pression of distress in the countenance, sudden starting in the sleep; occasional pain in the bowels, hot dry skin, quick pulse, intolerance of light and sound."

*3rd or last stage.* The patient is more disposed to sleep or lie in a careless stupid state, indisposed to speak or notice any thing; with inability to lift one, or both the eye lids; some times the whole of one side is paralyzed, and generally convulsions or fits follow in the train of death.

Symptoms similar to those above described are produced by irritation of worms, and derangement of the stomach and bowels (see *Infantile Remittent Fever*.) It requires close attention to distinguish between the two affections, especially in young children. The following are the most important marks of distinction.

INFANTILE REMITTENT  
FEVER,  
OR FEVER FROM IRRITATION IN  
THE STOMACH AND BOWELS.

1. Generally eats whatever is given.
2. Discharge consists of curdles, floating in a dark greenish coloured fluid.
3. Abdomen flattened.
4. Bowels generally costive.
5. Saliva diminished.
6. Point, and edge of the tongue generally red.

DROPSY OF THE BRAIN, OR  
INFLAMMATION OF ITS MEM-  
BRANES.

1. No desire for food.
2. Discharge from the bowels brown or black and very foetid, 'smelling like putrid mud.'
3. Abdomen generally enlarged and hard.
4. Bowels generally loose.
5. Saliva or water of the mouth increased.
6. Tongue covered with a thick fur, if there be worms, it is speckled near the point.

## INFANTILE FEVER.

7. Nostrils generally moist.
8. Hands directed to the head.  
This is not to be depended upon in young children.
9. A circumscribed flush on one or both cheeks.
10. Head hotter than the abdomen, and almost constant rolling of the head from side to side.

## DROPSY OF THE BRAIN.

7. Nostrils dry.
8. The hands generally directed to the nose.
9. "Face pale and leaden."
10. Abdomen hotter than the head.

The chronic form of the disease is generally attended with very little pain or inflammation. Eberle says, "it is probable, that effusion within the cavity of the cranium does sometimes occur without inflammatory action of the vessels of the brain, from mere congestion of the cerebral blood vessels." "Sometimes this disease exists from birth, but oftener commences during the first month. The head continues to enlarge as the water accumulates, and sometimes attains a very great size. A boy was shown to the class in the University of Pennsylvania, in 1845, whose head was double the natural size, and yet he had his senses. The bones of the head in such cases yield, and there is no sudden compression of the brain, and consequently no disturbance of the mental powers. Prof. Jackson related the case of a boy labouring under this disease who was remarkable for his retentive memory. A striking illustration of the powers of the system to accommodate itself to the most disastrous circumstances, when the change is gradual. When the water is effused between the two lining membranes of the brain, (the *dura mater* and *pia mater*,) it generally produces idiocy.

## TREATMENT.

To relieve the pain and inflammation attendant on this disease, pursue the same treatment as for the preceding disease, (inflammation of the brain,) followed by one or more full courses of medicine. (See course of medicine.) In chronic cases, where there is much enlargement, the above means should be tried, and sometimes they will succeed.

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## INFLAMMATION OF THE EYE.

(*Ophthalmia.*)

## CHARACTER.

This is characterized by pain, redness, heat, and a sense of fulness, of the globe of the eye, or its membranes, accompanied with intolerance of light, and generally with an effusion of hot acrid tears.

## CAUSES.

External injury of the eye, excessive light, foreign substances getting into the eye; intoxication, (Prov. xxiii.—29 and 30,) intense heat, too close or long continued looking at the same object, and obstructed perspiration, are the most common causes of this affection.

## TREATMENT.

If foreign substances are in the eye they must be removed. Particles of dust, lime, &c., may be

washed out with water, by opening and shutting the eye in the water, or with a mucilage of slippery elm or the pith of sassafras. Scales of metal sticking in the eye are best removed with the point of a goose quill, cut into a narrow slip, and scraped so thin as to be soft and pliable; then with the scraped side from the eye, and the point turned up, carefully and with a steady hand, carry the edge of the instrument under the particle of metal, and you will remove it without difficulty. This simple article is much better, and safer than any instrument that we have seen for that purpose.

The eye being cleared of all foreign substances, the next thing is to subdue the inflammation; this may be done by applying to the eyes a cloth wet in cold soft water, and if the inflammation is very severe, it should be changed every few minutes. The water should be nearly warm at first, and the coldness gradually increased. In some cases warm water will subdue inflammation better than cold water. In one or two cases that came under our notice, the cold applications increased the inflammation, while the warm reduced it.

If the eyes are only slightly affected, a cloth wet in cold water, applied to each eye, and bound on with a handkerchief, at bed time, and left on during the night, will generally give relief. While the cold applications are being applied to the eyes, the system should be heated to the sweating point, by drinking composition, or some other stimulating tea, and bathing the feet and keeping them warm by clean, soft stockings and

thick shoes. Those that keep cold feet need not doctor their eyes.

The stomach and bowels should be attended to. Dr. Abernethy, we believe, was the first who directed the attention of medical men to the fact, that a majority of such diseases originate from a derangement of the stomach and bowels. The bowels should be kept, not only regular but loose, by some mild physic, salts and cream of tartar in equal quantities, or black walnut syrup &c., are well calculated for this purpose. If the inflammation still continues, apply slippery elm poultices, and use the following wash. Take golden seal pulverized, a tea-spoonful, on which pour a gill of boiling water, stir it, let it stand, and when cool apply it to the eyes with a fine linnen rag; or apply the eye salve. The diet should be very light. One or two fast days, well observed, with a little physic and proper attention to keeping the feet warm, and the eyes from light, and cold air, will cure a majority of cases. Sometimes however the disease arises from wild hairs, as they are called, which turn in upon the eye ball, when no treatment will be of any avail until these are removed.

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## CATARRH, INFLUENZA, OR COLD.

### CHARACTER.

Catarrh consists in an increased discharge of mucus from the internal surface of the nostrils, mouth, throat, and often from the lungs; attended with more or less fever and cough.

## CAUSES.

Exposure to cold or damp air, or sudden changes from heat to cold, &c., obstructing the pores of the skin; one part of the body being cold while the rest is warm, is a ready mode of taking cold. Many regard a cold as a small matter; but, remember that beneath this mole hill lies the monster that has carried thousands to a premature grave.

## SYMPTOMS.

It generally commences with a dull pain or sense of weight, in the forehead, and stiffness in the motions of the eyes, and is soon followed by the discharge of a thin fluid from the nose, and sometimes from the eyes; soreness in the wind-pipe, hoarseness, loss of appetite; and as the disease advances, mucus is discharged from the lungs.

## TREATMENT.

Avoid the cold and night air, bathe the feet and legs, before a good fire, and drink composition or other herb teas till in a free perspiration; go to bed and sleep warm; on rising wash with cold water, bathing the throat well and drinking freely of the same. Avoid animal food, drink freely of diluting drinks, take regular exercise and eat little. These means will relieve a great majority of cases. But should the disease prove obstinate, take a dose of the mandrake physic; and if very bad, take a vomit, sweat, or a full course of medicine. For cough, use the cough syrup.

QUINSY, OR  
INFLAMMATION OF THE THROAT.  
(*Cynanche Tonsillaris.*)

CHARACTER.

This disease prevails most in the spring and fall, when the weather is most changeable. The young and sanguine, and those who have once had the disease, are most liable to its attacks.

CAUSES.

Exposure to cold, wearing damp clothes, sitting in a current of air; going immediately from a warmer to a colder atmosphere; over exerting the vocal organs; as in loud or long speaking, and singing, &c.

SYMPTOMS.

It commences with a sense of tightness and huskiness of the throat, especially on swallowing, which is difficult and painful. If the mouth be opened wide, the tongue pressed down with the handle of a spoon, marks of inflammation can be seen about the root of the tongue, especially in the tonsils, which are small glands, one lying on each side, near the root of the tongue. There is a disagreeable clamminess of the mouth, more or less fever, headache &c.

In desperate cases, the tongue and tonsils are so much swelled as to prevent swallowing, and interrupt the breathing; insomuch, that the pa-

tient has to be supported in an erect posture, to prevent suffocation.

## TREATMENT.

If this disease be commenced with in time, it may generally be arrested without difficulty; but if the proper means be neglected, even for a short time, it occasions much suffering and difficulty; though, it is seldom dangerous, except when both sides are affected at the same time. The most successful treatment, in the commencement of the disease, is to give an emetic, followed by a physic of the antibilious pills, or common physic. These means will reduce the inflammation and afford relief by removing the cause of the disease; which is, a locked-up state of the secretions. A poultice should be applied to the throat, made of roasted potatoes, skined and mashed fine; the surface of the poultice should be well sprinkled with pulverized cayenne pepper; or, the poultice may be made of the grounds of number six.

The throat must be gargled with the following: Take salt and cayenne pepper a teaspoonful each, and half a teaspoonful of pulverized alum: on these pour a gill of boiling water, let it stand twenty minutes, then add a gill of good vinegar, with this gargle the throat, every half hour, and swallow a teaspoonful of the same. This will ease ordinary cases. If the case be rapid or obstinate, let the throat be steamed as follows; set a lapboard on the patient's knees, on which place a sauce-pan, or other suitable vessel, containing a hot iron or

stone, and beside it a cup of vinegar and water. then throw a blanket over the head and shoulders, to keep out the air and confine the steam. The patient can then pour the vinegar and water on the hot iron or stone, taking care not to pour on too much at a time; the steam may be directed to the throat by holding the pipe of a funnel in the mouth, or the vinegar and water may be made hot and put into a coffeepot, and then dropping a small red hot stone into it, closing the lid and holding the spout near the face of the patient, who should breath the steam as warm as he can bear it: this process ought to be often performed, particularly where there is much pain and difficulty of breathing. While the steaming process is going on the feet should be placed in hot water or weak lye, and kept in while the steam is being applied.

The steaming should be continued ten or fifteen minutes at a time, and repeated every hour or two, till the inflammation subsides. "A handful of sage, two bunches, or heads of sumach berries, simmered in two quarts of water, to which add a teaspoonful of pulverized alum and as much salt-petre; when blood warm add a teaspoonful of good yeast, sweetened with honey." This is an excellent gargle, and should be used frequently. The throat should be bathed with number six and oppodeldoc equal quantities, and wrapped with flannel, for some time after the disease subsides, to prevent its return. If the patient cannot swallow, he may be nourished by injections of chicken soup, &c.

## CROUP.

SOMETIMES CALLED BOLD HIVES.

(*Cynanche Trachcalis.*)

This, which is principally confined to children, consists in an acute inflammation of the mucus membrane lining the windpipe, and sometimes extends into the lungs. "It is said to be most prevalent in low marshy countries and on sea coasts, and in cold or wet seasons."

## CAUSES.

It is occasioned by exposure to cold or damp air, and whatever checks perspiration; and, hence, is most prevalent in winter and spring, when the weather is cold and changeable. It seems peculiar to some families; and those who have had it once, are predisposed to its return. And last, but not least, is the present too common mode of dressing children, so as to leave their arms and upper part of the breast entirely naked. The accursed madness and folly, which impels mothers to wrap some parts of their children's bodies in tripple plies of softest flannel, while, the very parts which, above all others, require protection, are left naked, is an instance of the destructive influence of pride and fashion; only equaled by that mysterious something which induces young ladies to deform their shape, ruin their health, and spoil their beauty, for no other reason, than to *be* like something that is not a *bee*!

## SYMPTOMS.

At the onset of the disease, the child is drowsy, inactive and fretful; the breathing grows more and more difficult, and is attended with wheezing; and a peculiar ringing cough, which has been compared to the crowing of a young cock. The face is flushed, and the pulse frequent and hard; great thirst, restlessness, and more or less fever. As the difficulty of breathing increases, the face grows livid, and the head is thrown back in agony, as if to escape suffocation.

## TREATMENT.

From the rapidity with which this disease runs to a fatal termination, it is evident that the treatment should be prompt, and decided; hence, every family should have, in their possession, the means of immediate relief; without incurring the fatal consequences of waiting till a physician can be procured. And fortunately for those who have "*ears to hear*" the means of relief is within the reach of every one. Give of the hive syrup, a table spoonful to a child five years old every ten minutes, till it vomits, rub the throat and breast briskly, with cold water; and cover it closely with soft flannel. These means, when applied in due time, we never knew to fail. The child's feet must be bathed & kept warm, & a few drops of the syrup or tincture to be given, occasionally, to relieve the cough, and prevent a relapse. If the child is not well guarded for a few days, the disease may return with increas-

ed violence, when it will be harder to remove than at first. The vomit must be repeated as often as the difficulty of breathing returns, If the child does not vomit readily, give warm composition tea, with sugar and cream; and give the same by injection, with a dose of the lobelia tea; the dose always being double as much, when given in this way, as when given by the mouth. The bowels must be kept loose, either by injections or by a dose of oil, or senna and ginger. Children that are washed all over with cold water, night and morning, will not be so subject to this, or any other disease.

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## HOOPING COUGH.

(*Pertussis.*)

### CHARACTER.

This disease is most frequent among children, and seldom occurs more than once in a life time. It is generally considered contagious or catching; and is characterized by a convulsive cough, returning by fits, which are often so violent that at the end of them the patient cannot breathe for some time; when the breath returns it is accompanied with a shrill hooping noise, from which the disease takes its name.

### CAUSES.

It is probably produced by a peculiar contagion.

### SYMPTOMS.

The symptoms, in the commencement, resemble those of a common cold, with difficulty of

breathing, thirst and quick pulse, the cough becoming more violent till it is evidently convulsive. The fits of coughing are attended with so great a determination to the head, that blood is often discharged from the nose or mouth. The eyes appear swelled, and the fit of coughing often ends in vomiting, which affords relief for the time.

### TREATMENT.

In mild cases this disease requires no treatment, except to use light diet, keep the bowels loose, and avoid taking cold; and no treatment, however judicious, can cure it immediately; "it will run its course." In some cases, however, an emetic should be given to aid in discharging the tough phlegm that sometimes collects in such quantities as to obstruct the breathing. This is especially necessary with very young children, that have neither strength nor skill sufficient to cough it up and discharge it themselves. A teaspoonful of lobelia tincture, in molasses, for a child four or five years old, repeated every fifteen minutes till gentle vomiting is produced; or the cough syrup in the same dose will be sufficiently strong for a child a year old. A little of the cough syrup, or tincture and molasses, should be given every hour or two to keep the cough loose. The bowels should be kept loose by proper diet, such as molasses, mush, roasted onions &c; and if necessary, a dose of oil or senna as often as the case may demand. In some lingering cases the cough seems to grow into a habit: in such cases

a clove of garlick should be eaten the first thing every morning, and repeated once or twice through the day; onions are not bad. Chewing the root, or extract of liquorice will mitigate the cough.

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## INFLAMMATION OF THE LUNGS.

(*Pncumonia.*)

### CHARACTER.

Under this head, we include inflammation of the substance of the lungs, and their lining membranes. This is quite a common disease, and attacks persons of both sexes, and of every age; but is peculiarly severe on females.

### CAUSES.

The most, common cause of this disease is, exposure to cold, which obstructs the natural perspiration of the skin, and thus causes a determination of blood to the lungs. The skin and lungs perform a similar office in the system: that is, they both discharge serum, (a watery fluid,) from the blood, in the form of vapour. When, therefore, the skin is obstructed, and ceases to act, the lungs must perform the office of both, which produces irritation, and consequent inflammation. It occurs most frequently in winter and spring, when sudden changes from heat to cold are most frequent.

Loud speaking, singing, playing on wind instruments, &c., by producing an increased action of the lungs, may also produce inflammation.

## 152 INFLAMMATION OF THE LUNGS.

### SYMPTOMS.

This disease generally commences with more or less chill, and other symptoms of fever, followed by difficulty of breathing, cough, pain in some part of the chest, particularly on taking a full breath; a sense of fullness or tightness across the breast, great restlessness, and generally a dryness of the skin, with heat and thirst. In the commencement of the disease, the pulse is usually full, strong and frequent; but, as the disease advances, it becomes more feeble, soft and sometimes irregular. The cough, at first dry, becomes more loose, and the matter spit up differs very much in different cases; in some instances it is yellowish, sometimes having a green cast, and at others streaked with blood; and generally so tough and adhesive, that a vessel containing it may be turned with the bottom up, without its falling out. The pain and difficulty of breathing are increased by lying down, especially by lying on the affected side.

If relief is not afforded, the inflammation progresses with such rapidity that suffocation is threatened, the vessels of the neck become distended, the face becomes purple, an effusion of blood into the cells of the lungs takes place, so as to impede the circulation through them, and death is the consequence.

### TREATMENT.

Such is the delicate structure of the lungs, that they cannot endure a violent inflammatory action

many hours, without endangering the life of the patient; or laying the foundation for consumption. Hence the necessity of timely understanding the nature of the disease; and either preventing or arresting it in the onset; for, when fully formed, none but the most energetic treatment can save the patient.

In the commencement of the disease, every effort should be made to produce perspiration; the feet must be well bathed in weak lye; and bone-set, black snakeroot, or catnip tea, given; and if these fail to produce perspiration, give any of the sweat powders, according to the directions: (see sweat powders.) An emetic should then be given; (see course of medicine:) and, as soon as the stomach is settled, give a dose of the mandrake physic, or anti-billious pills; and if these means fail to give relief, let the patient be carried through a thorough course of medicine to be repeated every day, till relief is obtained.

The cough-syrup should be taken every fifteen or twenty minutes, in half teaspoonful doses: and if the pain and difficulty of breathing continue, he should breathe the vapour, or steam of vinegar: (see treatment of quinsy.) The breast should be frequently bathed with tincture of cayenne, vinegar and cayenne, or number six; and a flannel cloth, wrung out of warm water, applied. Draughts of mustard should be applied to the feet, after bathing them.

## PLEURISY.

(*Pleuritis.*)

### CHARACTER.

PLEURISY is an inflammation of the membrane which lines the chest, called the pleura: and is attended with pain in the side, difficult breathing, fever, &c. When it is seated in the membrane lining of the inside of the chest, it is true pleurisy; but when it is more external, principally affecting the muscles within the ribs, it is called spurious or bastard pleurisy.

### CAUSES.

Exposure to cold, drinking cold water when the body is heated, lying on the damp ground, &c. Persons of robust constitution, and full of blood, are most subject to pleurisy.

### SYMPTOMS.

It commences with pain in the side, which is very much increased by drawing a full breath, accompanied with heat, thirst, restlessness, &c. The pulse is hard, full, and strong; the tongue white, and the urine high colored. These are followed by a sharp, prickling pain, about the short ribs, which is increased by a frequent cough, which often proves very distressing. The matter spit up, at first small in quantity and thin, increases, as

the disease advances, in quantity and consistency; and is generally streaked with blood. Sometimes, there is little or no expectoration, (spitting up,) and hence, pleurisy is distinguished into moist and dry.

### TREATMENT.

The great object here, as well as in every other local inflammation, is to equalize the circulation; there being in every case an overflow of blood to the inflamed part. The blood must necessarily be some place in the system; hence, when it leaves the extremities and small vessels, it must of course flow in too great quantities on the internal organs. This we apprehend to be the difficulty here; to relieve which, we conceive the most rational mode is, not to take the blood out of the system, where it will undoubtedly be wanted again, but to restore it to its proper channels. To accomplish this, let the feet and legs, hands and arms, be well bathed and rubbed in warm water, with lye or salcratus added; then dried and rubbed with cayenne and vinegar; and wrapped in clothes wrung out of luke warm water. The patient must then be put to bed with a hot stone to the feet. The side, or painful part, should also be rubbed with cayenne and vinegar; and a linnen or cotton cloth, wrung out of cold water, applied over the seat of the pain; and covered with a dry flannel cloth to exclude the air, and prevent evaporation. The wet cloth must be changed as often as it becomes too warm. The patient, in the meantime, must drink freely of

boneset, snakeroot, or catnip tea, with a little lobelia occasionally to relax the system and promote perspiration: he must then be vomited freely, and the bowels kept loose by injections. The skin must now be kept constantly moist and relaxed, by giving the sweat powders with the free use of the above teas. This requires constant care and close attention, on the part of the nurse, or the fever will kindle up, and the pain return; when it will require twice the trouble to reduce it again, as it would to have prevented it from rising. At any time throughout the disease, when the skin becomes dry and hot, sponge all over with weak lye, or vinegar and water; give the teas repeatedly, and the powders as the case demands. Persevere in the above treatment; be attentive and diligent, and success will crown your labours; and mourning and sorrow will give place to joy and gladness.

“The wise shall inherit praise, but shame is the promotion of fools.”

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## BILIOUS PLEURISY.

### CHARACTER.

This mixed disease has received a variety of names by different writers, and in various districts of country. In the southern states, it is vulgarly called “cold plague or cold skin fever;” in consequence of the remarkable coldness of the surface and extremities, and its great mortality in some places and seasons. It is termed bilious inflammation of the lungs, in consequence of the

liver being affected in this disease. In the eastern states, it is called "pneumonia typhoides, in consequence of its being a mixed disease; in other words, the true perineumonia, or inflammation of the lungs, degenerating into typhus."

### CAUSES.

This variety of disease is supposed to depend upon the combined influence of two causes; that is, effluvia, or exhalations from decaying vegetable or animal matter, and a cold or changeable atmosphere.

### SYMPTOMS.

It commences with pain in the back and limbs, and all the usual symptoms of fever. The skin is more or less tinged with bile, especially the white of the eye will have a yellow appearance, pain in the forehead, and in the side; and pain or tightness and oppression across the breast, with a short distressing cough; the matter spit up is generally small in quantity, and streaked with blood. The patient is almost always worse in the evenings and better in the mornings. The tongue is white with a yellow streak in the middle which becomes darker: the pulse is small and quick; the urine yellow, and the skin dry and inactive.

### TREATMENT.

While the pain and inflammation continue, the treatment, for subduing the inflammation and re-

lieving the pain, should be the same as in the preceeding disease, common pleurisy. The treatment, after these are subdued, is the same as that laid down for typhus fever, to which the reader is referred.

## CONSUMPTION.

(*Phthisis Pulmonalis.*)

## CHARACTER.

All the diseases, which, by attacking the different parts concerned in the act of breathing, have a tendency to disorganize and destroy the lungs, are usually included under the general term consumption.

## CAUSES.

The causes of consumption are very numerous, and we shall only attempt to enumerate some of the most common. A predisposition to consumption is often inherited, or derived from parents. Persons with flat breasts, high shoulders, and long necks, are most liable to this disease. It sometimes arises as a consequence of certain diseases that have been too long neglected, or improperly treated; such as measles, small pox, scrofula, or kings evil, venereal disease, &c. Exposure to certain kinds of dust, arising from metals, stones, confined air, &c. Those families in which scrofula, or kings evil prevails, such as have delicate fair complexions, large veins, and thick upper lips, will be predisposed to consumption, as the two diseases are very nearly allied, the one frequently en-

ding in the other. Catching cold by too suddenly changing from heavy to light clothing; sitting on the damp or cold ground, sudden exposure to cold when heated or fatigued; in short, all things that suddenly check the perspiration or greatly debilitated the system. Perhaps indolence, or the want of due exercise in the pure open air, next to that of taking cold, is the most common cause. That false delicacy which forbids young girls from taking sufficient out-door exercise, under the foolish impression that it looks vulgar for them to play, has sent many a charming youth to an untimely grave. And those who contract their chests, confine their lungs, and derange the circulation of the blood, by tying themselves up in strait-jackets, under the false impression of improving their shape, by thus destroying their constitutions, often reap the legitimate consequences of their folly, in a rapid form of this fatal malady.

## SYMPTOMS.

A majority of the diseases, or diseased states which have a tendency to destroy life by disorganizing the lungs, may be arranged under the following heads; 1st chronic inflammation of the tubes leading from the wind-pipe into the lungs. 2d, chronic inflammation and ulceration of the upper end of the wind-pipe (called the larynx,) and of the wind-pipe itself. 3d, chronic inflammation of the pleura, or membrane lining the chest. 4th, dyspeptic consumption. 5th, ulceration, with *melanosis*, or softening of the lungs into a substance hav-

ing some resemblance to honey. 6th, cancerous consumption. 7th, softening of tubercles in the lungs, with chronic inflammation and disorganization of the lungs. As it is highly important that each individual should be acquainted, not only with the general symptoms which indicate the approach of this fatal disease, but, also with the particular parts on which it commences, we shall point out the symptoms by which the different affections, producing the same destructive consequences, may be distinguished. Our object in thus particularly pointing out these distinctions is, that the patient or his friends may know in time the particular organ affected, and seize upon the golden opportunity of arresting the disease, before it becomes permanently, and irremovably fixed upon the lungs.

1ST. CHRONIC INFLAMMATION OF THE TUBES LEADING FROM THE WIND-PIPE TO THE LUNGS. This is the most common form of consumption in cold climates. When consumption commences in inflammation of these tubes, the symptoms are similar to those of a common cold; the matter spit up is tough, sticky, and contains small lumps of a firm, and greyish mucus, which sink in water. Sometimes among these may be found small, thin flakes of membranous appearance, which will float on water. As the disease advances, this tough mucus becomes more and more mixed with a yellowish opaque fluid resembling pus, and is often slightly streaked with blood. In the latter stages of the disease, the matter spit up resembles cream, and sometimes it has a greenish yellow appearance, and sinks

readily in water. There is more or less fever in the evenings, when the pulse becomes more rapid; the heat on the surface varies at different times in the day, being sometimes warmer, and at other times colder than natural. A sweat generally breaks out on the head and neck in the night; there is considerable thirst; the urine is high coloured, and deposits a reddish sediment on cooling. A sense of soreness in the chest, with an occasional stitch in the side, is felt in a majority of cases; but there is rarely any fixed pain. The cough is usually severe, especially on first rising in the morning, at which time there is more or less wheezing in the breathing, with a feeling of tightness in the breast. If the disease continue unchecked in its progress, the matter spit becomes more like pus and is discharged in great quantities. The patient becomes wasted and debilitated rapidly, and the difficulty of breathing and the sense of weight and tightness across the breast, becomes more and more distressing. The pulse at this stage becomes very rapid, being seldom under 120 in the minute. In the early part of the day, the face is pale; but a red flush on one or both cheeks is generally observed in the evening. The night sweats now become very weakening, the feet and ankles swell, and a relaxed state of the bowels generally carries off the patient. This variety of consumption is generally caused by a neglected cold; or, by an active inflammation of the parts, imperfectly cured.

2. **ULCERATION OF THE WIND-PIPE.**—This variety runs very rapidly into a fatal form. It usual

ly commences with a slight tickling cough, and a feeling of uneasiness or pain in some part of the wind-pipe; with a change in the voice, which becomes indistinct, hoarse, feeble and whispering. This alteration, in the voice, is more noticeable when first attempting to speak in the morning, at which time the cough is generally violent until something is coughed up; then it subsides for a time and then returns in sudden fits of coughing. During the fit of coughing, the voice is often sharp & shrill, as in croup. The cough is sometimes excited by attempting to swallow. The matter, discharged in spitting, is mostly a sticky, transparent, and frothy mucus, with small collections of pus floating in it. The patient now wastes rapidly; the face is generally pale, with a flush on one or both cheeks in the evenings; and a peculiarly anxious expression of the countenance, with an irritable and dejected state of the mind.

The usual causes are neglected cold, whooping-cough, measles, venereal disease, and onanism.

3. CHRONIC INFLAMMATION OF THE PLEURA.—This form may be known by a sense of oppression in the chest on lying down, difficult and hurried breathing after any unusual exertion, short, disturbed sleep; scarcity of urine, a short tickling cough, aggravated on first lying down; hurried and oppressed breathing after speaking, more or less soreness of the surface of the affected side. The patient is easiest when sitting. If requested to take a full breath, while in an erect position, he will do it without difficulty; but, on attempting to do the same when lying, he will generally con-

plain of pain, tightness, load, or some kind of inconvenience in the chest. The cause of this affection is an accumulation of water in the chest, from chronic inflammation of the pleura, which often follows acute, or active inflammation of the same. While the water is collecting in the chest, the lungs become more and more compressed by the accumulating fluid, until they are reduced to a very small size, and more or less disorganized in structure. In consequence of the pressure, ulceration sometimes takes place in that part of the pleura which lines the lungs; and extending through the lungs themselves, an opening is thus made into the tubes leading into the wind-pipe, through which the fluid contained in the chest may be discharged by coughing. In this situation, the patient may either die from the irritative fever, night sweats, cough, &c; or, if the constitution be good, and the blood not inflamed by the previous use of spirituous liquors, or too much animal food, the inflammation and the irritation may subside, the fluid be discharged through the lungs, and the patient recover, in which case the affected side will contract, in consequence of the contracted state of the lung.

4th. **DYSPEPTIC CONSUMPTION.**—In this variety, the disease commences with pain, or tenderness, in the pit of the stomach, and under the short ribs of the right side, with irregularity of the bowels; the face is pale, with a yellowish cast, more perceivable in and about the eyes. The appetite is generally craving, though there are exceptions to this rule; wind on the stomach, in conse-

quence of the food not digesting properly. More or less uneasiness in the stomach, difficulty of breathing and sometimes cough, are excited by eating a full meal. The cough and difficulty of breathing are but trifling, at first; but gradually become more and more troublesome. A little tough mucus is all that is spit up, for some time. At length there is some pain and tenderness across the breast; sometimes there is pain about the shoulder blades, or between the shoulders; the matter discharged in coughing becomes more like pus, and finally all the symptoms of consumption, as enumerated above, make their appearance. This affection is often produced by exposure to wet, and cold, and other causes calculated to derange the stomach and liver.

5. **ULCERATION WITH SOFTNING OF THE LUNGS.**—This form is slow in its progress, and seldom gives rise to much alarm, until it is fully established. The patient usually feels very little inconvenience, except a slight cough which causes him to spit up a light coloured substance, generally in round lumps, swimming in a thin mucus, all of which will swim in water. The patient gradually wastes away without any apparent cause. The pulse is a little increased in frequency, and the coughing sometimes occasions vomiting. The feet and legs swell and the patient goes slowly and reluctantly the way of all the earth.

6. **CANCEROUS CONSUMPTION.**—This is quite a rare variety of the disease, is slow in its progress and is a commissioned executioner, from whose iron hand there is no escape. It is attended with

a dry cough, which is not very troublesome at first. As the disease advances, there is some difficulty of breathing, a slight oppression, and occasionally a sharp pain shoots through the chest; these gradually increase until the pain is constant, and the patient begins to spit up a white looking matter; and the skin assumes a pale yellow colour. This seldom occurs in persons under thirty years of age, and is generally accompanied with cancers in other parts of the body.

7. *SOFTNING OF TUBERCLES IN THE LUNGS, or scrofulous consumption.*—The most common form of tubercles is what is termed miliary tubercles. These are so called from their resemblance to millet seed: they vary, however, very much, both in size and appearance. They are generally of a gray colour, and partially transparent; being sometimes almost as solid as cartilage. They are so completely connected with the substance of the lungs, that they cannot be removed without bringing a portion of the lung with them. These are usually dispersed through the lungs in groups, or clusters, which afterwards unite in one. Before they unite, a small yellow speck appears in the centre of each tubercle, which spreads through it, and eventually, the whole group is united in one mass, of a light yellow colour, and nearly of the consistency of cartilage.

Tubercles may exist in the lungs, -and yet the person escape consumption, if there be no exciting cause to arouse them into action; but when cold, deranged liver, or stomach; or some other cause, excites a degree of inflammation in the parts, they

undergo the process of softning and ulceration, which give rise to the train of symptoms about to be described.

In the beginning of the disease, slight aching pains, with a sense of lightness are felt in some part of the chest; together with a short, dry cough, which is readily excited by any unusual exertions. The breathing is short and frequent; and taking a full breath is usually attended with a feeling of more or less uneasiness, in some part of the breast. These symptoms gradually increase till some fever occurs towards evening, and the pulse and breathing are increased in frequency throughout the whole day. A fit of coughing usually occurs in the morning. The feeble and relaxed state of the skin renders the patient very susceptible to the slightest impression of cold or damp air. As the disease advances, the cough becomes more troublesome, especially in the evenings, and on awaking from sleep in the night. The bowels at this stage are usually costive. The mouth and throat usually become dry in the evenings. Some fever occurs in the afternoon of each day, when a red flush will be seen, on one or both cheeks. A burning heat is felt in the palms of the hands & soles of the feet; the breathing is hurried & the pulse frequent and small. The fever usually continues till about midnight, & terminates in a sweat, which continues till morning, and is very debilitating to the patient. The matter discharged in spitting, which was at first thin and frothy, now becomes more and more like pus, such as is discharged from a boil; and is sometimes streaked

with blood. The symptoms all become aggravated; the evening fever more distinct, the night sweats more profuse, the burning in the palms of the hands and soles of the feet more distressing, the cough more frequent and violent, and the patient is rapidly exhausted; the pulse in the evenings being about 130 per minute. At length the feet and legs swell, the voice becomes hoarse and ulcers in the throat, and a relaxed state of the bowels, often close the scene of mortality. The mind is generally unaffected to the last.

It is a remarkable circumstance that pulmonary consumption is very generally suspended by pregnancy. As soon as the delivery of the child has taken place, the consumptive symptoms resume their force, and generally advance with rapidity to a fatal termination.

Though we should seem rather tedious on this subject, and even tresspass upon the limits we have prescribed for this little volume, we think the importance of the subject a sufficient apology for extending our remarks. When we consider that nearly one third of the deaths that occur in the northern parts of Europe, and the United States, are ascribed to this one disease, we are impressed with the weighty responsibility resting on those who undertake to discuss so important a subject. We may, however, console ourselves with the reflection, that we cannot leave the public opinion in a worse condition than, at present, we find it. Consumption, it is almost unanimously agreed among medical men, is an incurable disease; and the same opinion is but too

generally received by community; nor is this opinion the thing most to be complained of; if community, on the one hand, would take the faculty at their word, and die contentedly at the hand of an incurable disease, and not ask for a remedy where they are told that none exists; and if the faculty on the other, would act consistently with their profession, and refuse to torture where they cannot benefit, less mischief would be done. Why a man, or lady either, should be bled, physicked, blistered, tarterized and salivated, to cure that which cannot be cured, is beyond our feeble comprehension. But the mischief does not stop here; if each individual in the profession would make but one poor fellow *run the gauntlet* for asking him to cure what he had already declared to be incurable, we might try to overlook, or call it a mistake; but when the same, unsuccessful treatment is pursued, over, and over, and over again, with the same invariable result, we are led to exclaim with the poet.

Good Lord, what is man, for simple as he looks,  
Do but find out his hooks and his crooks:  
His heights and his depths, his good and his evil,  
All in all form a problem would puzzle the D——r.

We can scarcely expect the truth to reach the minds of those who are already too wise to learn; but, if we can succeed in convincing community that consumption is a curable disease, and that it may, in every instance be prevented, where a predisposition is known to exist, and the proper means perseveringly used; we will carry consolation to many a broken spirit, and dejected mind; and

though we should fail in pointing out the adequate means for accomplishing these desirable ends; yet if we can excite the rational inquiry, sustained by the assurance that it is some where attainable we may reasonably hope that some fortunate one will hit upon this most desirable object. But if we are not mistaken, we are already in possession of all the means necessary for the prevention and cure of consumption, in all its milder forms. We readily agree that there are cases, and stages of the disease, which admit of no remedy; and so with every other disease capable of destroying life; but these, on first discovery, are rare indeed. We have not room for a lengthy discussion of the subject, but shall briefly give a few reasons and cite a few authorities, which we think pretty conclusive. Laennec, Eberle, Dewees, and all others that we have examined on this subject, admit that "in some rare cases a spontaneous cure has taken place, after the softening of the tubercular matter, and the formation of an ulcerous excavation." If then, the unaided powers of nature are capable of effecting a cure, in this advanced stage of the disease, might we not reasonably expect some advantage from a judicious course of treatment, properly and perseveringly applied, more especially in the commencement of the disease? But a little more to the point; Dr. Gerhard of Philadelphia who in point of skill and authority on this subject, stands first in the United States, says: "The treatment of phthisis (consumption) is by many regarded as never curative, but merely as a means of palliating the most severe or har-

rassing symptoms of the disorder. If we apply the term consumption only to those cases in which the disease is far advanced, and the constitutional deterioration is extreme, it is very plain that no means of cure exists, and that even palliation is, in many cases, difficult; but, if we speak of consumption as of other diseases which tend to a fatal termination only after having passed through their early and more curable stages, it is strictly curable, and, like these disorders, must be treated in different ways, according to the mode of its developement." (Gerhard on the chest; page 109.) Dr. Beach says: "It is supposed by most people that consumption is incurable; and nothing is more common than, when an individual is attacked with this disease, to consign him to the grave. But we should not be too hasty in arriving at such a conclusion. We have many well authenticated instances on record, where consumption has been cured, either spontaneously, or by proper remedial agents. I have myself attended a considerable number of persons who, having every symptom of the disease in its confirmed stages, were cured, are now well, and enjoying good health. \* \* \* The fact that cicatrices or scars have been discovered in the lungs of persons on post mortem examinations (examinations after death,) who had been cured of consumption, and who subsequently died of some other complaint, proves beyond dispute that the disease is curable."

We will now turn to consider whether this fearful scourge of humanity, might not be prevented, at

least in a majority of cases, where the predisposition is known to exist. And though we contend for the curability of consumption, we are, at the same time, fully aware, that it is a most formidable disease; and in this, as in many other cases, "an ounce of prevention, is worth a pound of cure." But can it be prevented? Eberle says: "Persons may be decidedly predisposed to phthisis (consumption,) and even affected with a tubercular state of the lungs, and yet escape the disease, if no adequate exciting cause supervene to rouse it into action."\* Dewees says: "When tubercles are inert; that is, altogether free from inflammation, they have not been found to incommode the system, in the slightest degree; though they may the lungs themselves in a certain way. For tubercles contain nothing acrid, until inflammation has converted them into suppurating bodies; then access of air produces all the terrible consequences of phthisis."† Again, Beach says: "Tubercles will sometimes exist for many years, even to old age without very serious inconvenience. By regularity, temperance, diet, &c., they may be prevented from doing much injury; otherwise they soon cause consumption."‡ From the above statements it is evident that if we could avoid the exciting causes of consumption, that is, those causes which excite inflammatory action in the lungs, we should escape the disease, even after tubercles are formed in the lungs.

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\*Eberle Vol. I page 357. †Dewees Vol. II page 481. ‡Beach Note on page 315.

If we look again at the causes of consumption, it will be seen, that a great majority of them might easily be avoided. The student could avoid bending over his books, until he contracts his chest, cripples his heart, and disorders his lungs; if he would: the man who leans over a weaver's beam, or a writing desk, until his breast bone is bent horse-shoe fashion, could sit straight and preserve his health, if he would. The thoughtless daughters of Eve, who invite consumption by distorting their figure, and squeezing health from their bodies, and beauty from their faces, could wear comfortable clothing, and enjoy life, health, and beauty, if they would: and so with all the different stations, callings and professions in life; men could act wisely, live temperately, and enjoy health, if they would. The only thing that looks like necessity in the case is, the taking of cold; and this we have already seen is one of the most fruitful causes of consumption. The question appears to be narrowed down to this, if we can avoid taking cold we can prevent consumption. That, not only colds, but also coughs & consumptions, may be prevented & cured by cold bathing, we have the combined testimony of Sir A. Cooper, Rev. J. Wesley, Dr. Beach, and others. Sir A. Cooper says that, for the last thirty years he has sponged all over every morning, with cold water; and during that time has not taken cold. Rev. J. Wesley says, cold bathing *prevents* the growth of hereditary consumption, kings evil, &c. And it frequently *cures* Asthma, coughs, consumption, &c.

Dr. Beach, speaking on the subject of "Ablu-

tions, or bathing the surface," says; This practice destroys the susceptibility to cold, which is the existing cause of so many diseases. And again, he says; "Those who practice this bathing of the surface will never suffer much, if any, from colds, (the forerunner of consumption,) sore throat or similar complaints." Dr. Fitch says; "To strengthen the skin, to fortify it and the whole system against cold, or the changes of weather, and to render the skin pure and healthy, no remedy can for a moment be compared to washing the whole surface of the body over daily with pure cold water." This testimony is fully corroborated by our experience, and that of others; but that every man may be fully persuaded in his own mind, let him give this a fair and faithful trial. The experiment can easily be made, without cost of money or loss of time, and that without any danger. If it does not benefit, it cannot injure. The only necessary precaution is, to commence with water that is but moderately cool, and in small quantity, and let the coldness and quantity be gradually increased.

## TREATMENT.

The first thing in the treatment of this disease is to remove, as far as possible, every exciting cause. If the disease originates from dyspepsia or indigestion, the most prompt means must be adopted to remove this disease; for the treatment; see dyspepsia. If the bowels are irregular let suitable measures be adopted for their regulation as recommended under the head of costiveness or di-

arrhea as the case may be. When it arises from an affection of any part of the wind pipe let the throat be well bathed & rubbed every morning in cold water, always drinking some cold water at the same time, and if the inflammation be severe, the throat must be rubbed with tincture of cayenne or No. 6, and a flannel cloth or woollen stocken, with one end wrung out of cold water, applied to the throat, the dry part passing round the neck so as to cover the wet end, and left on over night; this is to be repeated every night till the inflammation is subdued. When there is pain in the breast or side with cough, the patient must wear next to the skin a waistcoat made of cotton flannel, extending from the throat to the lower part of the short ribs. This should neatly fit the body but not draw the shoulders forward nor in any way confine the ribs, or prevent free and easy breathing. It must be left open and fold over and pin or button in front. Each night, at bed-time, a four-folded cotton, or linnen cloth must be wrung out of cold water and applied, so as to cover the entire breast, and extend to any painful part of the side, and the waistcoat pinned or buttoned over it, and worn all night; and when there is much pain in the chest, this may be worn day and night, and changed three times in twenty four hours. Any kind of spirits may, if the patient chooses, be mixed with, or substituted for, the water; we have used the best French brandy on very debilitated patients with decided advantage. But, in a majority of cases, pure soft water is as good as any. If the pain still continue, let the painful part be bath-

ed with tincture of cayenne, or some stimulating liniment before the wet cloth is applied. Where the stomach is foul, sickness at the stomach, much phlegm, or mucus in the lungs or wind-pipe, and in fact in almost every case, the treatment should commence with an emetic and sweat, or a full course of medicine, the patient being thoroughly washed as there directed: see course of medicine. This must be repeated as often as may be necessary. When there is cough, the cough syrup must be taken in half teaspoonful doses every hour, and if the cough be very harrassing a fourth or third of a teaspoonful must be taken every few minutes. A tumbler of cold soft water should be drank the last thing at night, and the first in the morning. To render the skin active and fortify the system against cold, let the skin be well rubbed all over at bed-time with a flesh brush or woollen cloth; this must be repeated in the morning, and after a brisk rubbing, the body must be sponged or washed all over with water as cold as can be borne by the patient. Persons not accustomed to cold bathing had better commence with a small quantity of water, only moderately cool, the quantity and coldness may be increased as fast as habit renders it agreeable. After rubbing dry, dress, and set out on a walk or some other agreeable exercise in the open air, if possible. By every means avoid shutting yourself up in the confined air of a warm room; and this is very likely to be done, for the patient feels stupid and indolent, and very much dislikes to take exercise, especially in the cold air; but this disposition must not be indulged, or a cure will be

impossible. However reluctant the patient may be to commence taking exercise, he always feels better after it, provided it be not too violent, or carried to fatigue. Every disposition to indulge in idle, or effeminate habits, such as lying too long in bed, wearing too warm clothing, or sitting in the warm sun or by a hot fire must be carefully guarded against. Every pains must be taken to expand the lungs and enlarge the chest; so that as much air as possible may enter every part of the lungs; otherwise, the air cells will become closed, and the lungs contracted, when disease will be the consequence.

In order to expand the lungs, let the patient daily, and frequently through each day, draw in as much air into the lungs as he is able, then by holding the breath and throwing back the head and shoulders, enlarge or expand the chest as much as possible. Much injury is done to the system by bad habits of breathing. Many persons only half fill the lungs when they breathe; such persons will generally be short winded, and find much difficulty in reading aloud, speaking or singing for any considerable time, without stopping to rest. We once saw a person, reduced by disease to a state of great debility, whose pulse was weak and quite irregular; upon observing the breathing it was found to be short, and the lungs not half filled at each inspiration. We ordered the patient to fill the lungs at each breath; as soon as this was complied with, the pulse became soft and regular, like that of a person in health. Those labouring under consumption, or predisposed to that disease, will be

much benefited by the habit of filling the lungs full at each breath, under all circumstances, but more especially when speaking or singing. The greatest pains should be taken at all times to stand, walk, and sit erect, with the head and shoulders thrown back; the opposite habit of keeping the head, shoulders and arms hanging over the breast, loads the chest, obstructs the breathing, and contracts the lungs, which should be carefully avoided. The feet must be kept warm, not by sitting round the fire to bake the feet, and roast the shins, but by wearing clean soft stockings, large shoes or boots with thick soles, by exercise, by rubbing the feet fifteen or twenty minutes, each night, at bedtime, in as much cold water as will half cover them, then rub them dry, put on the shoes and stockings, and take exercise till they are quite warm, before lying down; and if need be, rub them with cayenne and vinegar or some other preparation of cayenne pepper.

The means here recommended may seem to some "*wise heads*" entirely too simple to accomplish the end proposed; but this is no discouragement to us, for we are told that "The weak and foolish things of this world are chosen to confound the wisdom of the wise." We have tested this, as well as various other modes of treating this disease, and have no hesitancy in saying that it is far superior to any that we have ever tried.

*The Diet* should be nourishing, but light and easily digested. Every one must judge from his own experience, what best agrees with himself. In general, a milk diet, such as light bread and milk,

mush and milk, ripe fruits, potatoes, &c., will be found to agree. Mutton soup, squirrel soup &c., other soups that are not too greasy, with light bread may be used where they are found to agree. But all strong meats, pork, bacon, salt beef, chickens and turkeys must be avoided; especially salt meat fried, is injurious. As a general rule all meat and greasy messes, spirituous and fermented liquors, pies and sweet cakes, are to be avoided. A tea of camomile or boneset, drank cold, is excellent to strengthen the stomach and promote digestion: (See diet, exercise, and bathing.

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## ONANISM OR MASTURBATION.

### CHARACTER.

This consists in self pollution, or solitary pleasure, as it is sometimes called. This vile practice soon grows into a habit which is almost irresistible, and which, if not speedily foresaken, must necessarily lead to ruin, both of body and mind. Will not the modest, and even the most fastidious reader, pardon us while we speak out on this important though delicate subject; and endeavor to turn aside this pestiferous breath of hell, which has for ages past, is now, and we greatly fear, will for years to come, continue to sink into infamy, and an untimely grave, thousands of the brightest and most lovely ornaments that ever adorned human society. Many fond parents have seen the object of their greatest earthly care and

solicitude, fast fading before their eyes, without a suspicion of the blighting cause. Ought not every parent to be put upon his guard, and every youth forewarned of the ten thousand snares that beset the pathway of life. If so, then let the voice of truth, through this little volume, reach the ear of every one in danger.

### CAUSES.

The causes of this moral disease, this sin against God, this life destroying, soul degrading, and God dishonoring practice, are 1st The hearing and telling of those dirty and abominable black-guard tales, often told among children and youth, by those too who ought to know better. 2nd. Reading love tales, or voluptuous novels. 3rd. Living on too rich or stimulating food, especially meats. 4th. Lying in warm and soft beds, and indulging in lying long in bed in the mornings. 5th. Drinking spirituous and fermented liquors. 6th. Keeping company, or associating with the opposite sex at late hours, or under improper circumstances. 7th. Want of cleanliness in the organs of generation. 8th. Wearing too warm clothing, especially on the lower parts of the body. 9th. Too constant sitting, and a want of suitable exercise; and finally the want of employment.

### SYMPTOMS.

Pain and heat in the head, sometimes an uneasy and painful sensation about the back part of the head and neck; weakness and painful sense of

weariness of the front part of the thighs; the eye loses its brightness; the face is pale, especially in the mornings; a pale red ring or circle about the eye. The patient is reluctant to move; the step is slow, shuns company and desires to be alone; is easily alarmed and very irritable.

The symptoms, however, are various, and any of the above may arise from other causes. It is only from a combination of circumstances that we arrive at a probable conclusion.

EFFECT ON THE CONSTITUTION.—Beside the different affections of the organs, particularly concerned, as gleet, whites &c., the practice has a direct tendency to undermine the constitution, by taking away from the blood, that which is the very essence of vitality itself. It rapidly sinks the entire nervous system, ruins the intellectual powers, shortens the memory and blunts all the moral sensibilities. It impairs the digestive organs, and produces dyspepsia; weakens the lungs and causes consumption; destroys the balance in the circulation and induces apoplexy: if these are escaped, palsy may take away the ability to do wrong, or epilepsy render its victim a burden to society and life, a grievance more intolerable than death itself.

In view of these things, to say nothing of the horrors of a guilty conscience, and confining our thoughts to the narrow limits of time and sense, is it not emphatically true that “the way of the transgressor is hard?” while

“Wisdom’s ways are pleasantness,  
And all her paths are peace.”

## INFLAMMATION OF THE HEART. 181

### TREATMENT.

From the preceding remarks on the causes of this disorder, the treatment will be obvious: avoid the causes; forsake the practice. Let both the hands and the mind be engaged in some useful employ. Avoid the company, and as far as possible, the sight and thought of the opposite sex. Use the cold bath daily with plenty of out-door exercise. Avoid animal food, and observe the strictest temperance in eating and drinking. Go to bed when sleepy and rise as soon as you awake. Avoid soft feather beds, spiritous liquors, and stimulating food, as your greatest enemies. Marriage is an infallible cure. Fasting and prayer, in obstinate cases, are not to be forgotten.

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## INFLAMMATION OF THE HEART.

(*Corditis.*)

### CHARACTER.

This consists in an inflammation of either the membranous bag containing the heart: or its internal lining. The substance of the heart itself being seldom, if ever, the seat of acute inflammation.

### CAUSES.

Cold, the sudden healing of old sores, the stoppage of any habitual discharge from the system; depressing emotions of the mind, and the retreating, or shifting of gout or rheumatism from the extremities, or external parts, to the heart, are the most frequent causes of this disease.

## SYMPTOMS.

The usual symptoms are, sharp pains in the region of the heart; that is, near the middle of the breast bone, or rather to the left; sometimes the pain is spread over a considerable portion of the chest, in the back, between the shoulders, or near the point of the breast bone; there is more or less difficulty of breathing, which is sometimes very distressing; rapid beating or palpitation of the heart, with an oppression and weight in the breast. In a majority of cases the patient is easiest when sitting up or leaning upon some support in front of him. The pulse is generally small, feeble and sometimes quite irregular. The symptoms however are subject to great variation.

## TREATMENT.

This should be treated on the principle of inflammation in other parts; that is, to equalize the circulation by inviting the blood to the extremities and to the surface; which may be accomplished by frequently bathing the feet and hands, and keeping them warm with jugs of hot water &c., and by giving the sweat powders to act on the skin, aided by drinking freely of warm teas. The application of a cloth wrung out of cold water, and giving warm teas, as composition or cayenne internally and keeping the extremities warm will generally ease the pain. In this way the blood is invited to the surface and extremities, and driven from the seat of pain by the cold application, which must

be changed as often as the pain returns. When the inflammation arises from gout or rheumatism retreating from the extremities to the heart, it must be treated as directed under *gout*, or *rheumatism* as the case may be.

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## INFLAMMATION OF THE BOWELS.

(*Enteritis.*)

### CHARACTER.

This disease may be known by sharp pains in the bowels, extending around the navel, sickness, and vomiting, costiveness and fever.

### CAUSES.

It may be caused by any acrid or poisonous substance taken into the bowels, using too much physic, or articles that are too irritating, such as scamony, gamboge, colocynth, croton oil &c., drinking spirituous liquors, long continued costiveness, the application of cold to the feet or bowels, sitting or lying on the cold or damp ground, &c., &c.

### SYMPTOMS.

A sense of chilliness often commences this disease, followed by fever, costiveness, sickness at the stomach, and vomiting; pain in the bowels, sometimes fixed in one point, at others spreading over the whole bowels, often a sense of twisting is felt about the navel; the pain is increased by the slightest pressure, even the weight of the bed-

clothes, in some instances, cannot be borne. The pulse is quick, hard, and small; the urine scanty and high coloured.

### TREATMENT.

As this is a very dangerous and distressing disease it must be treated with decision and perseverance. The first attempt should be to promote a free action on the skin by bathing the feet, drinking warm catnip, boneset, snakeroot tea or some other suitable drink; by sponging the body all over with weak lye or saleratus water, and by the use of the sweat powders. When these means fail, the warm bath should be tried, which will sometimes give relief when other means fail. The bowels should be bathed every half hour with cayenne pepper & salt, a teaspoonful of each to a gill of hot vinegar. The bowels must be kept covered with a flannel cloth wrung out of hot water, or a decoction of bitter herbs, applied as hot as can be borne, and repeated, every ten minutes, or as often as it becomes cool: Or two flannel cakes, or pancakes, may be baked and applied instead of the wet cloths; while one is being applied the other should be warming; these can be applied and changed from time to time without wetting the bed. The bowels must be moved by injections as often as necessary. The injections should consist of a tea of slippery elm, made as ropery as possible, to a pint of which add a teaspoonful of No. 6; the injection may be repeated every twenty minutes till the bowels are moved. If these means fail to relieve, put the patient through, a thorough course of medicine, continuing the same applications to the bowels.

## DYSENTERY OR BLOODY FLUX.

### CHARACTER.

This is an inflammatory affection of the inner coat, or mucus membrane of the large intestines, and is characterized by a frequent and irresistible desire to go to stool, offensive and bloody discharges from the bowels; attended with pain, fever and great debility.

### CAUSES.

Dysentery occurs most frequently in the last of summer or in autumn; attacks all ages and sex; but children, in consequence of their fondness for unripe fruits, and their frequent exposure to cold, and wet feet, are more subject to the disease. It may be caused by anything that suddenly checks the perspiration, as a sudden change of weather, without a corresponding change in the clothing, cooling too suddenly after being heated, exposure to the damp night air, wet or cold feet, sitting on the ground, eating raw, cold, and unripe vegetables, &c.

The disease seems, in some cases, to be caused and perpetuated by an acid secretion in the bowels.

### SYMPTOMS.

This complaint usually commences with chills followed by fever, frequent pulse, sickness and

sometimes vomiting, griping pains in the bowels, a frequent desire to go to stool without being able to pass much from the bowels. Sometimes there is no fever nor sickness; the only difficulty that appears at first is an increased action in the bowels. As the disease advances the pains grow sharper, the bowels are moved more frequently, and less is discharged at a time. The discharges in some instances, consist entirely of mucus, which is sometimes streaked with blood, or it may be almost pure blood, and not unfrequently it resembles the washings of meat.

From the efforts made in discharging the irritating contents of the bowels, the lower portion of the bowel is sometimes forced down, and becomes very troublesome and painful; there is also a sense of bearing down, with a constant desire to go to stool without the ability to discharge anything, except, perhaps, a little mucus. Symptoms of mortification often follow, and if not immediately arrested soon carry off the patient.

### TREATMENT.

This is a dangerous and often a fatal disease and must not be neglected. We have generally found more difficulty, however, in managing the patient than the disease. When we have been called in time, and the directions followed, there has been no difficulty in effecting a cure; but in no disease, is there required, such constant care and attention to the diet and habits of the patient as in dysentery. Where the disease is attended with sick-

ness, or vomiting, or any other indication of a foul stomach, we commence by cleansing the stomach with an emetic; then give a physic of rheubarb, and as soon as it has operated; give one of the antidisentric pills every hour or half hour, according to the frequency of the stools, till the bowels are sufficiently controled. This, if applied in the commencement of the disease, with proper attention to diet, will in ninety-nine cases out of one hundred cure the disease. But in cases where the disease has been neglected, or improperly treated, until the disease has grown strong and the patient weak, we must expect to "contend manfully if we would gain the victory.

When there is no sickness, and vomiting; or other decided evidence of a foul stomach, the emetic may be omitted, and if the patient is very weak, the rheubarb should be given in small doses and frequently repeated, say the fourth of a teaspoonful of powdered rhenbarb, for an adult given every hour till it operates slightly on the bowels; or instead of rheubarb we may use the neutralizing mixture, as directed in the American practice that is "take best Turkey rheubarb, saleratus, or bicarbonate of potash, peppermint plant, and cinnamon; of each two scruples, or a small teaspoonful all pulverized; mix, rub in a mortar, then add half a pint of boiling water; strain and add sufficient loaf sugar to sweeten; and when cool if there is no fever, add two table spoonsful of best French brandy. Of this preparation give a table spoonful every hour, until the passages are changed in their appearance and consistence. This we

have found by experience to be an excellent remedy for this, as well as other derangements of the bowels, and should never be omitted in the treatment of this disease.

In the mean time the feet should be bathed and kept warm, and if the pain in the bowels be severe, let the abdomen be bathed with No. 6, or some stimulating liniment, and a thin cake, made by mixing flour, milk and eggs into a thin batter and baked, be applied as hot as can be borne, and as often as one becomes cool apply another; continue to bathe with the No. 6 &c., every half hour, and apply the hot cake, or a cloth wrung out of hot water, or a decoction of bitter herbs, till the pain subsides. If the bowels still refuse to settle, give injections of a mucilage of slippery elm; made by pouring boiling water on the bark; to a pint of which add a teaspoonful of No. 6, or a gill of composition tea, and when milk warm inject, and repeat as often as the pain returns; and if the bowels are still moved too often, give one of the anti-dysenteric pills every hour or half hour as the case may demand. The following is highly recommended by Dr. John Thompson of Albany:

“Take one teaspoonful of pulverized maple charcoal, mix it well with a table spoonful of molasses, then add two table spoonsful of fourth-proof West India rum and half a wine glass full or one ounce of sweet oil; mix this composition well together, and for an adult let it all be taken at two doses. If it does not stop the complaint (and it seldom fails,) take a smart dose of castor oil, and after it has operated, repeat the above

composition. "This," says he, "is decidedly the most effectual remedy that we have ever used in inveterate cases of dysentery, or any complaint of the bowels." The anti-dysenteric syrup is also an excellent remedy, especially in chronic cases.

The most rigid attention must be paid to the patient's diet, or no mode of treatment will be likely to succeed. The best article of diet that we have ever tried, where it agrees with the stomach, is to tie up superfine flour in a linnen, or muslin cloth, and boil it from four to six hours in clean water; new milk is to be brought to the boil, and thickened with this, scraped or grated fine. The patient may eat of this, not exceeding half a pint every three hours; and where the stomach is very weak and cannot bear more, a teaspoonful may be given every half hour or oftener, which will not only answer the purpose of a very nourishing article of food, but is a valuable medicine; the next best article to this, is boiled rice, and boiled bread and milk; & if any sweetning is used in any thing that the patient eats or drinks, let it be loaf sugar. The patient should be kept comfortably warm, and a gentle moisture on the skin throughout the disease, by drinking warm teas and using the sweat powders. Composition tea, and slippery elm bark in water may be drank alternately; but the patient should not indulge in much drinking, or he will suffer for his indulgence.

In lingering or chronic cases, charcoal should be taken in table spoonful doses, every three hours, in sweet milk or mucilage of slippery elm; and where mortification is apprehended the charcoal

should be taken in yeast and given by injection, and a poultice of the same may be applied to the abdomen.

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## SUMMER COMPLAINT, OR

LOOSENESS OF THE BOWELS.

(*Diarrhœa.*)

### CHARACTER.

This consists in frequent discharges from the bowels, accompanied with griping pains, and sometimes by more or less vomiting, but seldom with much fever. This disease prevails most among children, and occurs most frequently in the summer and fall, when the heat is most oppressive and raw and unripe fruits most abundant.

### CAUSES.

Anything that causes an increased action of the bowels, may produce this disease; such as irritating substances in the bowels; improper food, such as unripe fruits; worms, bile of a vitiated or acrid quality; catching cold, by which the action of the skin is checked, and the fluids, that ought to escape by the skin, are thrown upon the bowels, which produces irritation and an increased action. As the disease advances the stomach becomes affected, the digestion impaired, and the blood impure; the countenance becomes pale, and the skin

dry and husky. If the disease continues long, the flesh and strength sink rapidly, and sometimes the life goes along with them.

## TREATMENT.

In a majority of mild cases, this complaint may be cured by a few light doses of rhubarb, repeated every day for two or three days; take a teaspoonful of powdered rhubarb and mix it with a table spoonful of molasses, and give half a teaspoonful, for a child three years old, three times a day, till it is all used, will answer in a majority of cases; or the neutralizing mixture may be used in the same way.

Where there is much derangement of the stomach, it is better to give an emetic to unload the stomach and restore action to the skin; after which the above means will seldom fail. In chronic and very obstinate cases, take two of the Anti-dysenteric pills, grind them fine, add of the neutralizing mixture, loaf sugar and boiling water, each a teaspoonful, mix well and give of this mixture a half teaspoonful every three hours, in a tea spoonful of thickened milk, until the bowels are regulated: or use the antidysenteric syrup.

The patient should be washed all over every morning with cold water. Children that have been washed all over every morning of their lives, as they should be, will seldom be troubled with this or any other disease.

# RHEUMATISM.

## CHARACTER.

This is a painful affection of the muscles and joints in different parts of the body. It occurs most frequently in spring and autumn; seldom in summer or winter, except when there are very sudden changes from heat to cold, or the season is very wet.

This disease has usually been divided into acute and chronic. When it is accompanied with fever and much inflammatory action, it is called *acute*; and when these are absent it is called *chronic*; but as these are only different degrees or stages of the same disease, we deem it unnecessary to treat them separately.

## CAUSES.

It is usually caused by exposure to cold when the body is warm, cold or wet feet, sitting or lying on the damp ground, especially when the body is fatigued, is a very ready mode of procuring the disease. The system is more easily affected with cold or any other injurious cause when fatigued: hence it is a bad plan after undergoing fatiguing exercise to stop suddenly, and either sit or lie still until the body cools; better to keep moving slowly and cool gradually. Rheumatism frequently results from venereal disease; and still oftener from the use of mercury and other poisonous articles given as remedies for that disease.

## SYMPTOMS.

Rheumatism generally commences with the usual symptoms of fever; weariness and shivering, succeeded by heat, thirst, restlessness, and a hard, full and frequent pulse; attended with pain, redness, swelling and stiffness of the large joints; as the shoulders, elbows, wrists, hips, knees and ankles; while the small joints of the fingers and toes are seldom affected. When it attacks the hip joint it is called sciatica; and when situated in the loins it is called lumbago. The most alarming and fatal symptoms are sometimes produced by the recession, or shifting of rheumatism from one part of the system to another. It may pass to the heart, diaphragm or midriff, stomach, bowels and every part of the body. When it is translated to the heart, the patient is seized with sharp pain and great anxiety over the heart, palpitation, (fluttering of the heart) partial fainting and pale distressed countenance. When it is translated to the brain it is attended with heaviness, sharp pain in the head and an intolerance of light or sound, wild and anxious expression of the countenance, and sometimes delirium or flightiness. When the stomach is affected by it, violent heart burn, sickness, vomiting, indigestion &c., are produced. If it affects the bladder, retention of urine and great pain in the parts, are the consequence. Sometimes the lungs or pleura become the seat of the disease, when symptoms of inflammation in these parts occur. A majority of the diseases of the heart, it is stated by high authority, may be referred to rheumatism.

## DISTINCTION

## BETWEEN RHEUMATISM AND GOUT.

## RHEUMATISM.

1. Produced by external causes, as cold &c., checking perspiration and deranging the functions of the skin.
2. Does not return at stated periods.
3. The attack not preceded by any uneasy sensation at the stomach.
4. Not hereditary.
5. Attacks alike the temperate and intemperate, industrious and the idle.
6. Usually affects the large joints.
7. Frequently shifts from place to place.
8. Attacks alike all ages and sex.

## GOUT.

1. Produced by internal causes, as rich stimulating diet and drinks, indolence &c.
2. Returns at stated periods.
3. Usually preceded by an uneasy sensation at the stomach.
4. Generally hereditary.
5. Attacks the intemperate and indolent.
6. Usually affects the small joints of fingers and toes.
7. Seldom changes places.
8. Usually attacks men over 30.

## TREATMENT.

The sooner this disease is removed from the system the more easy and permanent will be the cure. The quickest method of curing this disease is to bathe the affected part well with cayenne and vinegar, tincture of cayenne, or best No. 6; and then sweat effectually with alcohol, (see alcoholic sweat.) In the mean time the patient must be kept warm, drink cayenne or composition tea, and take lobelia pills, or some other preparation of lobelia, to be repeated every half hour, in such doses, as the stomach will bear without vomiting. In this way he must be kept constantly

moist, and the system perfectly relaxed, until the pain and inflammation entirely subside. While the pain continues the feet should be bathed once or twice, in the twenty four hours, in weak lye; at the same time the painful part, after being bathed with the cayenne &c., as above directed, must be wrapped in flannel and water or weak lye poured on, as hot as can be borne; or if the part should be so situated that the water cannot be poured on without too much inconvenience, let cloths be wrung out of the liquid and laid on as hot as can be borne, and changed as often as they cool. The bathing should continue about fifteen minutes, when the parts must be dried and briskly rubbed a few minutes with the dry hand, or a piece of soft flannel; and then bathed before a warm fire, with best No. 6, and Steer's opodeldoc equal parts, and apply a flannel roller or bandage as tight as will be comfortable. The stomach and bowels must be cleansed by taking the antibilious pills, half a pill to be taken every hour till they operate. This treatment we have never known to fail in giving relief when properly and perseveringly applied. For various articles useful in rheumatism, see liniments and rheumatic tincture.

Bathing in cold water, and pouring cold water on the affected part, and then wrapping up warm in bed or taking exercise, if able, till the body is warm, has relieved many cases. Cold bathing, exercise and friction are the best preventives. See cold bathing.

## GOUT.

(*Arthritis.*)

### CHARACTER.

Gout like rheumatism, may be divided into acute, and chronic. In the acute or regular form it recurs in regular fits, accompanied with active inflammation of the parts. In the chronic or irregular form, it does not return at regular intervals and is not accompanied with any active inflammation. Sometimes it leaves the joints and extremities, and like rheumatism, fixes on some internal part.

### CAUSES.

Gout occurs most frequently in the winter and spring. Men are more subject to the disease than women; probably on account of their greater irregularities in living, and more intemperate habits. The predisposition to this disease is generally hereditary, or communicated from parent to child, but may be acquired by indolent, inactive habits, by a rich luxurious diet, especially of animal food; fowls, and hogs' flesh being the worst; by drinking spirituous and fermented liquors, especially wines; of which, champaign, claret, and port are the most likely to produce gout. Ardent spirits can kill the patient without going so far as the fingers and toes!

Gout seldom makes its appearance before the age of 30, unless the predisposition is inherited,

when it may appear at 20; and when inherited from both parents, it may occur in early youth, or even in infancy.

This affection so much resembles rheumatism, that the one may readily be mistaken for the other. We have therefore pointed out the marks of distinction between them, under the head rheumatism, to which the reader is referred.

### SYMPTOMS.

The acute, or regular form of gout, occurs in fits with longer or shorter intervals between them; the health of the patient remaining apparently unimpaired in the intervals. Sometimes the fit comes on without any warning of its approach; but, in a majority of cases, it is preceded by belching of wind, and a peculiar uneasy and empty feeling at the pit of the stomach; costiveness, white tongue, drowsiness, low spirits, and disturbed sleep. In some cases there is a sensation like the biting of ants, or as if water was running over the part about to be affected. Sometimes there is an unnatural desire for food, which if indulged occasions the most distressing sickness of the stomach. These warning symptoms may last a few hours, or as many days.

The attack usually comes on about two o'clock in the morning, when the patient is aroused by a severe pain in the ball of the great toe, heel or instep of one foot, which becomes more and more violent, accompanied with chills, followed by heat and more or less fever. The pain still increases,

the patient is restless, the skin dry, and hot, and the pulse frequent, full and hard. Sometimes the pain subsides in about three or four hours, and in other instances the pain and inflammation continue without intermission for about twenty-four hours, when the pain gradually abates and ends in a gentle sweat. During several succeeding evenings the pain and fever return and grow better towards morning. This state of affairs may continue from two to three weeks; the first attack being shorter than the succeeding ones. After the disease fairly subsides, the patient enjoys better health than he did before the attack. Sooner or later, according to the strength of the constitution and the mode of living, the attack is removed. At first the attacks occur at longer intervals; in some cases not for two or three years; but usually they return once a year. The intervals between the attacks become shorter and shorter, as the constitution becomes enfeebled and broken down by repeated attacks; till at last the patient is free from the disease only two or three months in the summer.

In the morning, after an attack of gout, the part is swollen, red, and the veins very much enlarged and full of blood; and the affected joint so tender that the lightest bed clothes are insupportable. At first the feet alone are affected, but after repeated attacks it spreads to other parts, to the ankles, knees, hands, wrists and elbows.

CHRONIC GOUT.—After the constitution is broken down by repeated attacks of the acute form; or from original debility of constitution, the disease

does not manifest itself in regular fits, accompanied with acute inflammation; but assumes the *Chronic* form, producing wandering and irregular pains resembling chronic rheumatism. "The pain in chronic gout is usually but moderate through the day," but a feeling of numbness and weight is felt in the diseased part, and slight cramps occur during the fore part of the night. The affected parts retain their usual color, except perhaps, a purplish hue, with more or less swelling and stiffness; the neighboring muscles being weak and sometimes diminished in size. There is rarely much fever, but the stomach and liver are very much deranged. The patient's temper, in this form of gout, becomes very irritable; and he is often affected with hypochondria, or low spirits; which are accompanied with symptoms of gravel. The tendons or sinews become knotted, hard, and contracted; and earthy matter is deposited around the joints, producing great inconvenience and deformity.

From a want of energy in the system gout may leave its usual location in the extremities and fall upon some internal part. This may depend upon debility of the general system, or of the part on which it fixes; it may also be caused by cold, and debilitating remedies applied to the external parts affected. The disease may be driven upon almost any internal part, but the brain, heart, lungs, stomach, kidneys and bowels, are most frequently its places of retreat.

When it retreats to the brain, it produces either stupor, furious delirium, or symptoms of apoplexy. When it passes to the stomach, it causes violent

and even fatal cramps, symptoms of inflammation, great pain, vomiting, &c. When it fixes on the heart, it causes violent pain and fluttering of the heart, sometimes fainting, and death. When it falls upon the lungs it gives rise to painful and difficult breathing, resembling asthma.

### TREATMENT.

Cold water has done more, perhaps, for this disease than any one mode of treatment. It has been used and recommended by some of the wisest and most learned, from Hippocrates, down to the present day. It is related that Dr. Good received the most signal benefit in his own case by stripping off his flannel bandage and plunging his foot repeatedly into cold water. "The celebrated Dr. Harvey, upon the first approach of gout in his foot, would instantly put it off by plunging the leg into a pail of cold water. And many in our own day, have been cured by bathing, exercise, & proper attention to diet." Why this valuable remedy has not urged its way into more common use, we cannot conjecture, unless it be this; that those who have heart enough to put their feet into cold water, or apply it to their bodies, as a general rule, are not the ones that take gout.

A poultice of powdered slippery elm, or wheat bran and vinegar, applied blood warm, is said to be good for relieving the pain. For further treatment see rheumatism. When either gout or rheumatism leaves an external part and falls upon the heart, stomach or some other internal organ, it

should be invited back to the part it has left, in the following manner. Take fine salt and cayenne pepper and scour the part from which the disease departed, till the skin is quite red; then wrap it in flannel and pour on water or weak lye as hot as can be endured; at the same time give plentifully of warm teas, with as much lobelia in each drink of tea as the stomach can bear without vomiting; and if vomiting should occur it will be no injury. This will seldom fail to bring it back to the place it left.

No mode of treatment will produce a complete cure, and secure an entire exemption from a return of the disease, without the most persevering attention to exercise and diet. During the continuance of a fit, it will not be prudent to make any considerable alteration in the habits of the patient: but during the interval, let him adopt the most rigid principles of "temperance in all things,"—entirely abstaining from animal food, from intoxicating liquors of all kinds, and from all rich and highly seasoned food. Let the diet be light and plain; bathe all over in cold water daily; sleep on a hard bed, and take plenty of out-door exercise; avoid late hours and hard studies, and a long life of health and enjoyment, may be your happy reward.

## DROPSY.

(*Anasarca*.)

## CHARACTER.

This consists in an unnatural collection of the

serous or watery portion of the blood, in different parts of the body, through weakness, in consequence of excessive drinking, poor diet, loss of blood &c., which by relaxing the exhalent vessels, an increased quantity of serum or watery fluid escapes from the blood, and at the same time, by diminishing the action of the absorbents an accumulation is rapidly produced. The exhalents are a set of vessels by which a watery fluid called serum is discharged from the blood upon certain membranes, called serous membranes, which line all the different shut cavities of the body: Such as the abdomen, chest, &c. This serous fluid keeps the parts continually moist and slippery, so that the organs, as the lungs bowels &c., contained in these cavities, may perform their various motions without friction and pain. The reason why this fluid which is continually poured into these cavities does not fill them, and every body have dropsy all the time, is, because while in a state of health, another set of vessels, called absorbents, take up this fluid as fast as it is poured out; but when disease causes too much fluid to be poured out, or too little taken up, it collects and we have dropsy.

Dropsy is distinguished by different names, according to its location. When it occupies the cellular membrane, immediately under the skin, it is called *Anasarca*; when in the cavity of the abdomen *Acites*; in the cavity of the chest, *Hydrothorax*, &c., but the whole of these collections comes under the general name of Dropsy; and require the same general treatment.

## CAUSES.

This may be caused as stated above, by excessive drinking, poor diet, loss of blood, or any other cause that produces relaxation or debility of the system; by which the effusion from the exhalent vessels is increased, and the action of the absorbents diminished. Local dropsy is frequently produced by the hardening & enlargement of different parts of the body interrupting the free return of blood to the heart, thus pregnancy, by compressing the large veins that convey blood from the lower extremities, often causes dropsical swellings of the feet and legs. Hardening and enlargement of the liver, from the use of spirituous liquors, will produce dropsy of the abdomen; and certain diseases of the heart may produce dropsy of the chest.

## SYMPTOMS.

The symptoms of anasarca, or dropsy under the skin, are a uniformly pale, and often shining, swelling or distension of the skin, generally commencing in the feet and ankles. At first it is soft, and when the finger is pressed upon the swelled part, a pit will remain for a short time after the finger is withdrawn. The swelling is much diminished by lying down; and the face will be more or less swelled. It gradually extends itself upwards till it occupies the thighs and body, and sometimes even reaches the head. The urine is scanty and high colored. When it occupies the abdomen, the swelling commences below and

gradually extends upwards, attended with a sense of weight; and an evident fluctuation, or motion of the fluid, may be felt by placing the left hand on one side of the abdomen and striking lightly on the other side with the right hand; or it may be felt on any sudden motion of the body. As the fluid increases, the breathing becomes difficult and the legs are affected with dropsical swelling. When the fluid collects in the cavity of the chest, there is a sense of more or less anxiety about the heart and lower end of the breast bone, with a difficulty of breathing, which is increased by lying down; violent beating of the heart and a dry cough; and those accustomed to such examinations, can recognise the presence of the water by the sound on striking the chest lightly with the fingers.

### TREATMENT.

In treating dropsy, our first object should be to remove the accumulated fluid as soon as possible; and so to strengthen and tone the system as to prevent it from again collecting. For the purpose of removing the unnecessary fluid without injuring the system, or predisposing it to a second accumulation, we know of no plan so consistent with sound physiological principles and the plain dictates of common sense, as that adopted by Dr. S. Thompson; that is, *first*, to cleanse the stomach and bowels by emetics and injections, from all the unhealthy matter, calculated to cripple and derange the active powers of the system: *second*, to arouse the system into increased action by stimu-

lants, and thus give increased power to the absorbent vessels; and *third*, to open the pores of the skin and promote free sweating by the vapour bath. By these means the blood is purified, the appetite improved, the strength and energies of the system increased, and by drawing off the watery fluids from the blood a demand is created in the system for more fluids, which the absorbents readily supply by taking up the fluids it already contains.

The stimulants, such as composition or pepper tea, and the vapour bath, must be repeated daily; and the stomach and bowels cleansed by emetics and injections, as often as may be necessary. Such articles as increase the quantity of urine will be beneficial in carrying off the water from the system. The following compound has been highly recommended for this purpose: Take hard cider one gallon, and add junniper berries, prickly-ash bark, horse radish root and mustard seed, each two ounces, to be well bruised before putting them into the cider: of this, from one to two table spoonsful, or as much as the stomach will bear, must be taken every two hours through the day.

Such articles of physic as produce very watery stools, will be useful where they do not produce too much debility. Cream of tartar and jallap, mixed, equal quantities, will be as good as any; or jallap and gamboge, equal proportions, may be made into pills, and taken in such quantities, and as often as the constitution will bear, without debility. In the meantime, using the vapour bath &c., as above directed. This treatment, however,

will not cure every case without the operation of tapping, which must not be attempted except by the experienced and skillful.

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## ERYSIPELAS, OR ST. ANTHONY'S FIRE.

(*Febris Erysipelatosa.*)

### CHARACTER.

Erysipelas is a diffusive inflammation of the skin, characterized by redness, burning heat, swelling, and blistering; and is attended with more or less fever.

### CAUSES.

The causes of this disease appear to be rather obscure. Some persons appear to be constitutionally predisposed to erysipelas, which appears to depend upon a very delicate and irritable condition of the skin. In such persons any wound, bruise, or other local injury, is apt to give rise to this kind of inflammation. Persons of a scrofulous habit, the intemperate, either in eating or drinking, and those labouring under derangements of the stomach, liver &c., are most liable to this affection. Violent passions will produce it in some persons.

Erysipelas seems sometimes to depend upon some peculiar derangement, or poisonous vapour, in the atmosphere. Under such circumstances it will prevail generally throughout whole neighborhood and spread over large districts of country,

without any apparent cause. When such a state of the atmosphere prevails, it seems to create a predisposition to the disease in the system of each individual, and only awaits some exciting cause, such as an overloaded, or deranged stomach, exposure to cold &c., to arouse it into action, and develop the disease. Erysipelas is thought by some to be a contagious, or catching disease. This however is a point of controversy among medical writers. The truth appears to be this; where a predisposition prevails in the system, exposure to the breath and effluvia, or exhalations arising from one or more persons labouring under the disease, may serve as an exciting cause, and thus develop the disease at such a time, as to favour very much, the suspicion of its contagious character.

## SYMPTOMS.

Various symptoms of deranged health generally precede the appearance of any affection on the skin; such as headache, pains in the back and limbs, loss of appetite, sick stomach, furred tongue, and an uneasy load or weight about the stomach. In general, there is more or less fever, before the inflammation appears on the skin; but sometimes the inflammation of the skin appears first; and in other cases they both make their appearance at once. "The inflammation usually appears in the form of an irregular stain or blotch, which spreads to a greater or less extent over the surrounding surface. When the inflammation is very superficial, the redness of the skin disappears

for a moment, on pressure being made by the point of the finger; but where the inflammation extends deeper, no white spot is left after pressure. Considerable burning and stinging pain, but neither pulsation nor tightness, is felt in the inflamed part." Usually about the third day, small blisters may be seen scattered over the inflamed surface. These contain a clear or rather a yellowish coloured fluid. From one to three days after these blisters appear, they break, and where no means are used to prevent, they dry upon the skin, and form crusts or scabs. In some unfavourable cases the blisters degenerate into obstinate ulcers, which sometimes end in mortification. This disease is subject to great variation, both in appearance and character. Sometimes the fever and constitutional disturbance will be very great, with little affection of the skin, while in other cases the reverse may be true. In some cases the inflammatory affection of the skin is attended with considerable swelling, especially about the head, while in other parts the inflamed portion is but little elevated above the surrounding surface. In some instances the inflammation appears to extend deeper than the skin, attended with swelling, redness and extreme pain, insomuch that the slightest pressure is insupportable. The inflammatory excitement in such cases usually ends in suppuration or the formation of pus, about the seventh day, though sometimes sooner, and is attended with slight chills; the pain and redness now decrease, but the swelling increases; and in consequence of the depressed state of the system, the pus remains

an unusual time before an opening is made through the skin for its escape. In such instances the patient frequently sinks very low; and unless well, and timously supported by tonics and stimulants, sinks beyond recovery.

This affection is sometimes accompanied with derangement of the stomach and liver. The tongue is covered with a brown fur, the skin and eye are tinged with yellow; and billious matter is discharged by vomiting &c. In such cases, in addition to the symptoms above described we have all the usual symptoms of billious, or remittent fever.

### TREATMENT.

We should commence the treatment of this disease by an emetic followed by a dose of the mandrake physic or antibillious pills. After the operation of the emetic, the skin must be kept moist by drinking freely of warm teas, snakeroot, bone-set and composition, and by applying a jug of warm water to the feet; and after the operation of the physic, if there should be any difficulty in keeping up the moisture, we must use the sweat powders; or we may commence with a full course of medicine; (see course of medicine.) In the mean time, and at all times when the skin is dry and hot, let the patient be sponged all over with rain water or saleratus water, repeated every half hour until the skin becomes moist. No treatment will be successful in this disease unless the skin is kept *moist*; which is quite as beneficial as free *sweating*. The inflamed surface should be kept constantly cover-

ed with a poultice made of the flour of slippery elm bark, applied as cool as will be agreeable to the patient, and changed as often as it becomes disagreeably warm or dry. A muslin cloth doubled four fold, may be dipped in a mucilage of slippery elm, or starch, and used instead of the poultice, but must be changed oftener. The bowels must be kept regular, after the operation of the first dose of physic, by injections.

If symptoms of mortification appear, apply a poultice of lye, yeast, and charcoal, equal quantities, and thicken, if necessary, with sifted wheat bran or rye meal, and give the same internally, except the lye. The yeast, charcoal and sifted bran, may be given in tea-spoonful doses every half hour, in sweet milk or molasses; with an abundance of stimulating medicines. Mortification seldom appears where a sufficient quantity of stimulating medicines have been given.

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## BLEEDING AT THE NOSE

(*Epistaxis.*)

### CHARACTER.

Bleeding at the nose, is a very common occurrence with young persons who are of an irritable constitution, and full of blood. It is sometimes, though seldom, attended with danger.

### CAUSES.

Whatever has a tendency to produce an unnat-

ural determination of blood to the head; such as exposure to the hot sun, over loading the stomach, heavy lifting, long continued study, keeping the head in too low a position, irritation in the bowels, stoppage of any habitual discharge, as the menses &c., are some of the usual causes.

### SYMPTOMS.

The bleeding is generally confined to one nostril, and occurs most frequently in warm weather; sometimes it is preceded by head-ache, redness of the face and eyes; and, in weak and nervous patients, there is noise in the ears, giddiness, or lightness of the head, frightful dreams, night-mare, coldness of the extremities, &c.

### TREATMENT.

This, in a majority of cases, requires no treatment; but where it occurs in very debilitated persons, or continues too long, we should use means to check it. In general, this is accomplished by placing a cloth wrung out of cold water on the back of the neck, or water may be poured on the head and neck. If this fails, wet as much cotton or lint as will fill the nostril, roll it in powdered nutgall, and introduce into the nose. Or, take crow foot, or cranebill (*geraneum maculatum*), finely powdered, and use as a snuff freely. If it still continues to bleed, let the patient sit in cold water, while the feet are placed in warm water, this we have not known to fail. The patient in

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the meantime should keep as quiet as possible, avoiding all talking and looking about, breathing entirely through the mouth. The collar should be opened & every thing removed from about the neck.

The following is said to be an infallible cure. "Take a piece of smoked beef that is very dry and hard, and grate it into a fine powder, and push this up the nostril as far as possible, and continue to do so till it is closed and the bleeding ceases."

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### BLEEDING FROM THE LUNGS OR,

SPITTING BLOOD.

(*Hæmoptysis.*)

### CHARACTER.

This consists in a discharge of blood from the mouth, of a bright red color, generally a little frothy and brought up by more or less coughing or hocking.

### CAUSES.

This may arise from violent exertion; as running, jumping, blowing on wind instruments, loud singing, coughing, excessive drinking, the stoppage of some accustomed discharge, as the menses &c., or, it may arise from a debilitated or diseased state of the lungs, especially in persons predisposed to consumption, and sometimes a forerunner of that disease.

### SYMPTOMS.

Bleeding from the lungs is usually preceded by

a sense of heaviness or weakness in the limbs, tightness across the breast, short cough, a sharp or burning pain in the breast, and slight chills; a small, hard and frequent pulse; and often there is a sweet or salty taste in the mouth. When the blood is about to make its appearance there is a sense of warmth felt in the breast, gradually rising into the throat, accompanied with a salty taste, upon a slight effort to cough or hock, the blood is discharged. Sometimes the bleeding occurs suddenly, without any previous symptoms. In such cases there is usually not much blood discharged, but will be likely to return frequently for some weeks or even months.

This disease is distinguished from bleeding from the stomach, by the blood of the stomach being of a darker color, thrown up in greater quantity, and frequently mixed with some other contents of the stomach; whilst that from the lungs is thrown up in a smaller quantity at a time, is of a bright red, mixed with a little frothy mucus; is brought up by hocking, or coughing; and is not often in clots or lumps, as that discharged by vomiting frequently is.

## TREATMENT.

When this affection arises from a suppression or stoppage of the menses, or any similar cause, that cause must be removed by appropriate remedies. In order to divert the blood from the diseased parts, let the feet and hands be placed in hot water, the body well covered from the air, and com-

## 214 BLEEDING FROM THE STOMACH.

position tea, or No. 6, in hot water taken until the skin becomes moist. When the circulation is thus equalized, take the coldest water that can be procured, put into it as much common salt as it will dissolve, and give a table spoonful every five minutes, till the bleeding stops. Alum dissolved in water may also be given, if it be slow about stopping: or, a teaspoonful of salt and the same of cayenne pepper may be put in a gill of vinegar, and given as above; if the vinegar is very strong it must be diluted with water. If the cough be troublesome, the cough syrup must be used, with the mucilage of slippery elm bark, till it is removed. The bowels must be kept loose by the free use of slippery elm and injections, as often as may be necessary.

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### BLEEDING FROM THE STOMACH, OR VOMITING BLOOD. (*Hæmatemesis.*)

#### CHARACTER.

This affection is usually preceded by a sense of weight, anxiety or pain in the stomach. The blood is usually discharged in considerable quantity, of a dark color, and frequently mixed with other contents of the stomach.

#### CAUSES.

This disease may be caused by external injuries,

wounds, bruises, or any thing that will excite inflammation, or too great a determination of blood to the stomach.

### SYMPTOMS.

There is usually a sense of weight and pressure about the stomach. the appetite is either deficient or unnaturally craving; foul breath, sickness, ringing in the ears; a small quick pulse, alternate flashes of heat and cold, cold hands and feet, countenance pale and contracted, with disposition to faint from slight causes; and finally discharges of blood from the stomach. For the distinction between this and bleeding from the lungs, see that disease.

### TREATMENT.

The treatment for this affection is much the same as pointed out for bleeding from the lungs, with the addition of powdered charcoal, which must be taken in table spoonful doses every three or four hours, according to the urgency of the case

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### BLOODY URINE.

(*Hæmaturia.*)

### CHARACTER.

This affection consists in a discharge of blood from some of the urinary organs; that is, from the kidneys, the bladder, or the canals conveying the urine from the kidneys to the bladder, called ureters. It is usually attended with pain, and is often indicative of much danger.

## CAUSES.

Bloody urine may arise from gravel, or stone in the bladder, by the use of blistering flies, spirits of turpentine, and other irritating articles, given to promote the discharge of urine; from ulcers, or fleshy tumors in the bladder, ureters or kidneys; or it may arise from any cause capable of exciting inflammation, or too great a determination of blood to the parts.

## SYMPTOMS.

When the discharge of blood proceeds from the kidney or ureter, it is usually attended with a sharp pain or weight in the back, with some difficulty in making water; the blood is usually so intimately mixed with the urine, as to give it a uniformly bloody appearance without any flakes or clots. After the urine has stood in a vessel for some time, the blood settles to the bottom, leaving the clear urine swimming over it; there is usually a numbness felt in one thigh, and the testicle on that side will be drawn up. When the blood proceeds from the bladder, it is usually attended with a sense of heat and pain in the lower part of the belly; the blood comes away in small flakes or clots, accompanied with a burning pain as it comes, and in some instances the clots entirely block up the neck of the bladder, and render it necessary to introduce the catheter in order to discharge the urine.

Bloody urine may be distinguished from high

colored or red urine, attendant upon many diseases, by the blood settling in the bottom of the vessel after standing, and by its staining linnen of a red colour.

### TREATMENT.

The treatment of this affection, in a majority of cases, should commence with a full course of medicine; after which the patient should drink freely of the mucilage of slippery elm bark, flax seed tea, barley water &c., sweetened with honey; a dose of the nerve powders should be taken once or twice a day, to quiet the nerves.

“A decoction of peach leaves,” says Dr. Howard, “drank so as not to produce too much purging, is a very useful remedy in this complaint. In case the leaves cannot be procured, the bark may be used; and in one bad case in which we tried it, answered every purpose that the leaves could have done. The bark or leaves ought always to be resorted to in cases of this kind.” Alum and Ipicacuanha are highly recommended in this affection. Take a teaspoonful of powdered alum and one fourth the quantity of ipicac; divide into ten equal doses and give one, morning, noon and night. The patient should live on milk and light vegetable diet and avoid violent exercise, heavy lifting &c.

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## EPILEPSY, OR FALLING SICKNESS.

(*Epilepsia.*)

### CHARACTER.

This is one of the most deplorable maladies that

has ever afflicted poor fallen humanity. It is principally seated in the nervous system and is manifested by convulsions, returning at uncertain periods, in paroxysms or fits, accompanied by a temporary suspension of consciousness, sense and voluntary motion; and usually in a state resembling sleep.

### CAUSES.

The causes of epilepsy are various; some acting directly on the brain itself, while others make their impressions on distant parts, and affect the brain through the medium of the nerves. Of the first kind, the most common are external injuries, as falls, blows &c., which wound or compress the brain by driving portions of the fractured skull upon it; a full or distended state of the blood vessels of the brain, water in the brain, tumours, concretions or deformity of the shape of bones in the interior of the skull; sudden and violent emotions of the mind; as grief, fear, terror &c., may produce this disease. It may also be excited by injuries of the spinal marrow; and by causes affecting the brain through the the medium of the nerves; such as the irritation of worms and other substances in the stomach and bowels. The sudden stoppage of any accustomed discharge, as the menses, or monthly sickness; the discharge from bleeding Piles; the healing up of old sores &c. Onanism or masturbation, and too free indulgence in sexual or venereal pleasures. And the habitual use of intoxicating liquors, both by producing a determination of blood to the brain, and by its deranging influence

upon the liver, is a fruitful source of this affection. And the same effect may be produced by swallowing poisons, such as lead, arsenic, opium &c., whether taken by accident or design, called medicines or by their own appropriate name does not alter their deliterious nature: see Eberle vol. II, page 53.

## SYMPTOMS.

In some instances the attack of epilepsy comes on suddenly without any previous warning of its approach. But in a majority of cases certain symptoms precede its occurrence; such as a distressing feeling in the head; wandering and confused state of the mind; flashes of light, specters or imaginary sights before the eyes, trembling, numbness, restlessness, and sometimes coldness of the extremities; ringing in the ears; an uneasy oppressive feeling at the stomach, and in some instances sickness and vomiting. Immediately before the attack a sense of coldness or numbness starts, usually, in the feet or legs, and gradually ascends until it reaches the head, when the patient is immediately seized with convulsions, and all the fearful and frightful symptoms of Epilepsy.

With some patients, the attack always occurs at night. If the fit comes on while the patient is sitting or standing he immediately falls down in a state of insensibility, and becomes more or less violently convulsed. "In some cases the convulsive motions of the muscles, particularly those of the face, are frightfully violent; the whole frame is violently agitated; the eyes roll about; the lips

& eyelids are convulsed, the tongue often spasmodically thrust from the mouth, which with the gnashing of the teeth, & foaming at the mouth, give the countenance a horridly wild expression." The face is sometimes pale, but more frequently it is of a dark red, with the veins of the head & neck, full & distended with blood. At the termination of the fit some frothy saliva flows from the mouth; the breathing becomes more free; the pulse fuller and more regular, the spasms cease, and the patient falls into a state resembling a deep sleep. The breathing is still laborious and sometimes attended with a snoring sound.

The duration of the fit is various; sometimes not exceeding fifteen minutes, at others extended to half an hour or more. Usually there is but one fit at a time, but in some instances the patient passes from one into another with but a short interval between them. In regard to the intervals between the fits, there is a great difference in different cases. With some, they return daily; with others not for several days or weeks, or even a whole year. In some cases the disease seems to be under the influence of the moon; the fits occurring at the new or full moon, and we believe it to have been patients labouring in this disease, that were called lunatics in the days of our Saviour. As it was then universally understood to be an incurable disease, it clearly evinced the supernatural power of Him who could subdue it at a word.

*Is Epilepsy a curable disease?* This is a difficult question to answer correctly. Dr. Dewees says, "This afflicting disease has triumphed over

medical skill from the time of Hippocrates to the present moment; for we dare not but confess, that its treatment is as little understood at this time, as it was in his day. It is true that medical records furnish many examples purporting to be 'cured epilepsy;' yet there is too much reason to believe, that some other convulsive disease has been mistaken for it, or else they have been cases of "sympathetic epilepsy." Other writers speak confidently of their ability to cure the disease. When epilepsy occurs as a primary disease, and not as a symptom of some other affection, we think it beyond the contrroll of medicine. But where it arises as a symptom of some other affection as irritation of worms, &c., in the stomach and bowels, a portion of the skull driven upon the brain by fracture, or any other cause that can be removed, the epilepsy is then curable by removing the cause. We saw a young man who had epilepsy from a portion of the skull being driven upon the brain by a blow on the head; who was cured by the operation of trephining; that is, by removing that portion of the skull which presses upon the brain.

### TREATMENT.

Where this affection arises from the presence of worms or other irritating substances in the stomach and bowels, from injuries of the head &c., let these be treated by their appropriate remedies as laid down under these heads. If the skull be injured let a skillful Surgeon be employed. By these means remove as far as possible the exciting cause of the disease. The nerves must be quiet-

ed by the free use of the American valerian or nerve powder. When the general health is impaired we must use the most prompt and decisive measures for restoring it. In general, an emetic and alcoholic sweat will be the most appropriate means to commence with; after which the cold bath and tonics should be resorted to. When it arises from scanty or obstructed menses, this difficulty must be removed by bathing the feet, sitting in warm water, or over the steam of boiled herbs; as tansy, pennyroyal, spruce pine tops &c. At the same time taking one of the antibillious pills every second night, at bed time; and use the compound syrup of yellowparilla, from a teaspoonful to a table spoonful three times a day.

In order to prevent a determination of blood to the head, which is very common in this complaint, give a dose of the mandrake physic once or twice a week, with occasional injections, and an emetic once a week, or as often as may be necessary to keep the stomach clean and the secreting organs, the skin, liver, &c, in proper action.

The third of a teaspoonful of the urine bitters may be taken three times a day, before eating, in a little molasses or honey. Should these means fail to give relief, the patient should be taken through a full course of medicine, to be repeated once or twice a week, according to the urgency of the case.

The diet must be light and almost exclusively vegetable, and taken in such quantity as never to overload the stomach; observing to leave the table with an appetite for more. As much exercise

should be taken in the open air as the patient can endure without fatigue.—Go to bed soon and rise early, with regularity in all the habits, and entire abstinence from all distilled and fermented liquors—let water be the only drink.

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## ST. VITUS' DANCE.

(*Chorea Sancti Viti.*)

## CHARACTER.

This singular affection is characterized by convulsive, or involuntary, motions of certain muscles; mostly confined to one side. It usually affects children and youth from ten to fifteen years of age.

## CAUSES.

Debility, by increasing the irritability of the system, is a very common cause of this disease. It arises from an increased excitement of the nervous system, which is often produced by irritation in the stomach and bowels; such as worms; and sometimes by violent passions, or disquietude of mind. In young females it may arise from the same causes as hysterics.

## SYMPTOMS.

This affection usually shows itself by a lameness, or rather an unsteadiness, of one leg, which the patient draws after him like an idiot; it after-

wards affects the hand on the same side, so that if a glass of liquor be put in the hand to drink, before the patient can get it to the mouth, he uses a great many odd gestures; the hand being drawn in a different direction by the convulsive action of the muscles. As soon as he gets it to the lips he throws it suddenly into the mouth, and drinks it very hastily, as if he only intended to amuse the spectators. In many cases it is accompanied with an impediment of speech. The bowels are usually costive and the stomach deranged, from the onset of the disease. The appetite is sometimes almost entirely wanting, at others, unnaturally craving and the flesh and strength of the patient wastes rapidly.

### TREATMENT.

We should commence the treatment of this disease by cleansing the stomach with an emetic, and after it settles give a dose of the antibilious pills, or senna two parts and ginger one part will answer better for young patients. A portion of the nerve powder, or American valerian and skull caps should be put in all the teas used during the operation of the emetic; and a tea of the same should be drank freely every four hours. The above treatment should be persevered in until the disease is removed.

The cold bath, or simply washing all over with cold water will be found highly beneficial both in removing the disease and in preventing its return.

The diet must be light and nourishing; and ev-

ery kind of excitement either of body or mind carefully avoided.

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PALSY.  
(*Paralysis.*)

CHARACTER.

Palsy consists in a partial or entire loss of motion and sensibility in some part of the body. Sometimes one entire side is affected; & sometimes the lower half is palsied, while, in other cases, the disease is confined to one of the limbs.

CAUSES.

This affection may be caused by an attack of apoplexy; by pressure on the nerves, in consequence of dislocations, fractures, and other injuries; or by any thing which prevents the nervous influence from passing from the brain to the muscles. It may also arise from any cause capable of greatly relaxing and debilitating the system; as the use of poisons, such as the different preparations of lead, mercury, arsenic, &c., from handling preparations of lead, as in painting; indolence, luxurious and irregular habits of living; derangement of the stomach and bowels; intense, or too long continued application to study; grief; anxiety, &c. The aged are more subject to this disease than the young or middle aged.

SYMPTOMS.

The attack of palsy sometimes comes on suddenly, but generally it is preceded for days, or weeks, with drowsiness, swimming in the head, numbness,

dimness of sight, forgetfulness, and failure of the powers of the mind. Sometimes the whole of one side, or both the lower extremities are palsied at once, but more frequently it commences in one hand, arm, finger, muscles of the mouth, face, or tongue and gradually extends to other parts of the body.

“If the brain is much affected with the disease the eye and mouth are drawn to one side, the memory and judgement are much impaired, and the speech is indistinct and incoherent.” When the bladder and lower part of the bowels are involved in the disease, the stools and urine pass off without the will, and sometimes without the knowledge of the patient. When it attacks the heart, the brain, or any other vital organ, death will be the necessary consequence. Palsy, arising as a consequence of apoplexy or from injuries of the spinal marrow, is very seldom cured. This is at all times, a very dangerous disease, but is not necessarily followed by fatal consequences. The favorable symptoms are an increase of heat in the affected part, a sensation resembling the pricking of needles, the parts become more red and fuller of blood, with increased power of motion and sensation.

### TREATMENT.

We should always commence the treatment of this disease with an emetic; for, in a majority of cases, the stomach will be found very much deranged; and even where this is not the case, the emetic will still be necessary, to arouse the system into an active circulation. After the emetic,

the bowels should be freely moved by repeated stimulating injections; see injections. The affected parts should be rubbed with cayenne & vinegar, or some other preparation of cayenne, & then wrapped in flannel cloths wrung out of hot water & carefully covered from the air to prevent evaporation. The nerve powder should be given frequently to quiet the nerves. If the patient is able to sit up he may be taken through a full course of medicine, to be repeated once or twice a week. Between the course of medicine, or after the sensation is partially restored by the above means, the best No. 6, and Steer's opodeldoc, equal quantities, will be found an excellent liniment to bathe with; which should be well rubbed upon the diseased part, with the naked hand, before a warm fire, and kept warmly covered with soft flannel. Water should be poured from a height on the affected limb in the mornings. Electricity has been highly recommended, and may, no doubt, be applied with advantage in many cases. It should always commence with the utmost caution, and if found to disagree, it must be immediately discontinued.

Let the diet be light and easily digested; avoiding all animal food and spirituous and fermented liquors. Exercise must be taken daily in the open air, when the weather will admit. If the patient is not able to walk he should ride on horse-back, or in a carriage, avoiding too long exposure to damp or cold air.

## COLIC.

This affection consists in pain situated around, or near the navel, and extending to the stomach, and is often attended with sickness and vomiting, & not unfrequently with cramp in the stomach or abdomen. It has received different names from the different causes that give rise to the disease. It is called Bilious Colic, when connected with bile on the stomach, &c. Flatulent or windy colic, when attended with wind in the stomach and bowels. Painters colic, when caused by painting or handling lead.

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## BILIOUS COLIC.

(*Colica Biliosa*.)

## CHARACTER.

This variety of colic arises from a deranged state of the liver and stomach, and is characterized by pain in the bowels, which the patient compares to twisting or boring; and is usually located around or near the navel.

## CAUSES.

This affection, which was formerly thought to depend upon an increased quantity of bile, is more probably caused by a vitiated and acrid quality of the bile, which is rather deficient in quantity. The true reason why such quantities are discharged in vomiting is, that, in consequence of its ir-

irritating quality, the bowel closed against its passage downwards, and that which formerly passed down is now, by a reversed action of the bowel, thrown into the stomach. This derangement of the liver and its secretion may depend upon the debilitating influence of heat, sudden changes of weather, or any other cause capable of producing congestion, or an overloaded state of that important organ.

## SYMPTOMS.

Before the more severe and urgent symptoms of this disease come on, there is usually more or less headache, loss of appetite, bitter taste in the mouth, thirst, sick stomach, and occasionally vomiting of bile. After these symptoms have continued for some time, a sharp pain is felt in the stomach and bowels, moving perhaps at first, from one part of the abdomen to another, but more severe about the navel; which is at times extremely distressing. After a spell of vomiting, the pain will abate for a short time. The bowels are usually extremely costive and inactive. The pulse is very little altered from its natural state, until the disease is considerably advanced, when it partakes in the general excitement of the system. At first the pain is not increased by pressure, but after the disease has continued for some time, the bowels become quite tender to the touch; from this circumstance, this affection can be distinguished from inflammation of the bowels, in which the bowels are tender from the commencement

## 230 FLATULENT OR WINDY COLIC.

### TREATMENT.

An emetic is of the greatest importance in the commencement of this disease. We should begin by giving plentifully of warm teas, as composition, pepper, ginger or pennyroyal &c., with a little lobelia in each dose of the tea, but not enough to excite vomiting until a pint or more of the tea has been taken. During the operation of the emetic, the stomach must be kept full of tea; and a poke of hot salt, or some other hot application must be kept to the stomach and seat of the pain. After the emetic, the bowels must be freely moved by injections. A dose of castor oil must also be given; for an adult two table spoonsful of the oil may be put into half a pint of hot buttermilk and taken at a dose.

After the disease is removed, the greatest caution must be used to prevent its return; the feet must be frequently bathed and kept warm; and the bowels kept loose by injections, and mild physic, if necessary. The diet must be light and un-irritating, and taken in small quantities at a time. No cold or raw fruit should be eaten for some time.

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## FLATULENT OR WINDY COLIC.

(*Gastrodinia Flatulenta.*)

### CHARACTER.

This variety of the disease is characterized by wind in the stomach and bowels, and the usual symptoms of colic; such as pain, vomiting, &c.

## CAUSES.

Persons who labor under a weak and irritable state of the digestive organs are subject to attacks of this affection from the slightest causes. In such persons, an unusually hearty meal of ordinary food will excite the disease; but when the food is of a heavy or indigestible kind, a fit of colic is almost certain. Crude vegetables, wripe fruits, pies, sweet cakes, pound cake &c, should not be eaten by persons subject to this disease.

## SYMPTOMS.

Usually the first intimation of the disease is a sense of fullness and uneasiness in the pit of the stomach; or, sometimes in the left side of the abdomen. In a short time this is followed by a sickening pain, accompanied with a sense of lightness and fullness in the stomach and bowels. Usually the pain is not constant, but occurs in fits with intervals of comparative ease. During the fits of pain the patient is very restless, and moves from side to side with the hands firmly pressed against the abdomen. The bowels are usually very costive.

This affection may be distinguished from inflammation of the bowels as follows: In this, pressure on the bowels, instead of increasing the pain, affords some temporary relief; the agitation and writhing motions of the patient, the absence of fever, frequent discharges of wind from the bowels, and the pain occuring in fits. The reverse of all

this is true of inflammation of the stomach and bowels. Where there is the least doubt, or the pain does not readily yield to the treatment, let the best assistance be speedily procured, as a mistake or delay may be attended with fatal consequences.

### TREATMENT.

In mild cases, and in the commencement of the disease, a teaspoonful of No. 6 in a little sweetened water, and repeated every five minutes, will usually give relief in a few minutes. In violent, cases let the stomach be filled with warm and stimulating teas; such as composition, cayenne, or ginger, and an emetic given as soon as possible. While drinking the above teas, and before the emetic is given, a poke of hot salt, heated board or some other hot article, should be applied to the stomach and seat of the pain. (See treatment of bilious colic.)

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### PAINTER'S COLIC.

(*Colica Pectonum.*)

### CHARACTER.

This affection has been called by a great variety of names; as dry belly-ache, dry gripes, Devonshire colic, colica metalica, &c.

### CAUSES.

“Lead,” says a late writer, “in whatever way

and form it may be brought to act on the system, is almost the only well ascertained cause of this variety of colic. It would seem that the fumes of melted lead, and the white oxyde of this metal are most apt to act injuriously on the animal system, and to give rise to this extremely distressing affection." Manufacturers of white lead, painters and workers in lead mines, are most exposed to this disease. Copper will produce a similar disease; but may be distinguished from the effects of lead by the bowels being loose and the stools green. Letharge and other preparations of lead are sometimes put into wine to give it a sweet taste which gives rise to colic in those who drink it. The same result may follow the use of apple butter, or other sour articles that have stood in earthen vessels that have been glazed with lead.

## SYMPTOMS.

The approach of this affection is indicated by a weak and irregular appetite, costiveness, belching of foul and disagreeable wind from the stomach, sick stomach, an uneasy load or tightness across the abdomen, with occasional pains, and a stupid and inactive state of both body and mind. The pain in the abdomen grows constant and severe, extending to the stomach and sometimes to the breast, attended with the most distressing sickness and vomiting. The discharge of urine is often attended with much pain and difficulty. In extreme cases a cold sweat breaks upon the face and extremities, "the countenance is pale,

contracted and expressive of great suffering;" the wrists are sometimes paralyzed, severe pains in the extremities, fainting, delirium, convulsions &c.

In persons long exposed to the action of lead, as painters and workers in lead manufactories, or those who have had several attacks of the disease, it will sometimes assume a chronic, or lingering form, when the patient grows weak and irritable, both in body and mind, the skin becomes pale, dry and harsh; the abdomen becomes hard and painful on pressure, the legs swell, pains in the joints, and the patient is restless and wakeful at nights, the sight grows weak, and palsy, epilepsy, or apoplexy usually follows in the host of death.

### TREATMENT.

The feet and hands must be immediately bathed in hot water. The vessels should be deep enough to cover the legs above the knees, and the arms above the elbows; where suitable vessels cannot be obtained, let the arms and legs, not covered by water, be wrapped with flannel and the water poured on so as to keep the parts as warm as can be comfortably borne. Hot salt should be applied as directed for the other varieties of colic. The patient must take the third of a teaspoonful (or 15 gr.) of pulverized alum every hour, and a gill of vinegar and water, equal parts, between the doses of alum. At the same time the following must be given by injection. Take boiling water one pint, powdered slippery elm bark one ounce, sweet oil half a gill (2 oz.) mix well

and when milk warm inject. Castor oil or any fresh animal oil may be substituted for the sweet oil: or chicken, mutton, or any greasy broth may be given by injection, which must be repeated every half hour till the bowels are freely moved. If these means fail to give relief, too much time must not be lost, but we must proceed to administer a full course of medicine; which must be repeated according to the urgency of the case, not neglecting the above injunctions. The alum and vinegar being still taken between the courses, and a large dose of castor oil taken after the first course.

*Preventives.* The utmost cleanliness should be observed by those engaged in handling lead; the linnen should be changed at night, so as not to sleep in any of the clothes that have been exposed to the fumes of lead through the day. While working among lead the saliva or spittle should not be swallowed; for this reason chewing tobacco was thought to be a preventive against the disease; but this must not be relied upon. The use of fat meat and greasy articles of food, with an occasional dose of sweet oil, taken in the morning on an empty stomach, in connection with cleanliness and frequent change of cloths, are the best preventives.

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## KING'S EVIL.

(*Scrofula.*)

## CHARACTER.

This affection is characterized by hard, indo-

lent humors appearing in different parts of the body, usually about the neck and under the chin, which after some time suppurate or form matter, break and discharge a whitish colored fluid resembling curdled milk. It was called scrofula from scrofa a latin name for hog, because the disease has been observed among hogs. It has received the popular name of "Kings Evil," from the fact that several of the kings of England and France pretended to cure it by the touch.

### CAUSES.

This disease most commonly occurs among children between the ages of two and ten years, and the predisposition is often inherited from their parents. "A cold damp and variable atmosphere, more especially when aided by deficient and unwholesome nourishment, appears to have a strong tendency to favour the developement of a scrofulous habit." Impure and unwholesome air, such as we are frequently obliged to breathe in large cities; the impression left on the system by certain diseases, as measles, whooping cough, and scarlet fever, or any other cause whose tendency is to debilitate the system and detract from the richness and purity of the blood, may give rise to a scrofulous habit, or develope the disease where the predisposition already exists.

### SYMPTOMS.

The disease usually shows itself in an enlarge-

ment and hardness of the glands about the neck or under the arms. Such tumors, or enlarged glands, will remain in this condition for years, without giving rise to any pain, redness or constitutional disturbance. Sometimes they spontaneously disappear; but in a majority of cases they suppurate, break, and after discharging a great amount of matter, heal up, leaving purple scars of a ragged and puckered appearance. While these are healing, others are enlarging, breaking and running, so that in the same system we find them in every stage, from their commencement to their termination. In this way the disease goes on from year to year, till the system either throws it off, or it assumes some other form. The most usual termination of this disease is in consumption.

## TREATMENT.

We should commence the treatment of this disease with a full course of medicine, and repeated as often and at such intervals as the case may demand; between the courses the cold bath should be used every morning, with as much exercise after bathing and through the day, as the patient is capable of bearing without fatigue: (see bathing and exercise.) The compound syrup of yellow parilla must be taken three times a day in such doses as the stomach will bear; commencing with a teaspoonful and increasing it as the stomach becomes accustomed to its use. The swelled glands or hard tumours should be bathed twice a day, morning and evening with No. 6, containing as

much common salt as it will dissolve; and those that are open and running must be washed as often with castile soap, soft water and spirits. A poultice must then be applied, made of equal parts of powdered bayberry and slippery elm, with as much new milk as will make a poultice of the proper consistency; to be changed as often as may be necessary to prevent its becoming dry or sour. When the ulcers are deep, they must be injected with weak lye & tincture of myrrh, or a strong tea of bayberry, used alternately. These injections must be thrown into the ulcer or abscess, with a small syringe. When this process has produced a change on the appearance of the discharges from the ulcer, the poultice may be omitted and the healing salve applied until it heals. After pursuing the above plan of treatment for some time, the wine bitters or bitter tonic, should be used instead of the compound syrup of yellow parilla for a week, after which the use of the syrup must be resumed again. Perseverance must be the motto of those who expect to be cured of this constitutional disease.

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EAR-ACHE OR,  
INFLAMMATION OF THE EAR.  
(*Otitis.*)

CHARACTER.

This consists in an inflammation of the membrane lining the internal surface of the ear, and is characterized by pain and throbbing in the ear.

## CAUSES.

Exposure to cold is the most frequent cause of this painful affection. Sitting by an open window or near a broken pane, where a current of air strikes the side of the head, or cutting the hair short in cold weather, is a ready way of taking cold in the ear.

## SYMPTOMS.

Inflammation of the ear is attended with a sharp, and sometimes most distressing pain and throbbing; and in severe cases there is fever, and sometimes delirium. The swelling and redness in some instances extend to the external ear. Suppuration, or the formation of matter, frequently occurs, and is discharged from the ear; and this discharge may last for years, if not prevented by proper means.

## TREATMENT.

In mild cases, to wet cotton or wool in No. 6, and tincture of camphire made comfortably warm and intro luce it into the ear, will usually give ease; or, the No. 6, and camphire may be dropped into the ear, and the ear plugged with the wool or cotton, and a poke of hot salt applied to the side of the head so as to cover the ear.

In very severe cases it will be necessary to steam the head over a decoction made by boiling bitter herbs in water and vinegar; and used as

directed in the treatment of quinsy. The feet must be placed in warm water while the head is being steamed. After steaming for fifteen or twenty minutes, get into a warm bed, laying the affected ear on the poke of hot salt, not forgetting to introduce the wool or cotton, wet as above directed, before lying down.

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## ASTHMA.

### CHARACTER.

Asthma is a spasmodic contraction of the air cells in the lungs, and is characterized by great difficulty of breathing, wheezing, tightness across the breast, "and sense of suffocation without fever or local inflammation."

### CAUSES.

The primary cause of this affection is no doubt a peculiarly irritable state of the nerve distributed to the lungs and stomach, called by Anatomists, "*The pneumo-gastric nerve.*" This diseased state of the nerve may either be hereditary or acquired by certain derangements of the stomach, or by diseases of the heart and large arteries.

Asthma may be excited in those predisposed to it by a great variety of circumstances; among which the following are the most common; any sudden change in the weather, from cold to warm, or the reverse; unusually dry or damp air; the smell of certain articles; as the fumes of sulphur,

lead, tobacco; the smell of new hay; irritating substances taken into the stomach; as stimulating drinks, highly seasoned food &c.; the sudden stoppage of some accustomed discharge from the system; as the drying up of an old ulcer, stoppage of the menses, &c.; a check of perspiration from cold; violent passions, as fear, grief, anger, joy, &c.

## SYMPTOMS.

Before the occurrence of a paroxysm or fit of asthma, certain symptoms usually arise by which the patient may be apprized of its approach. Among these are heart burn, itching of the skin, pain over the eyes, a sense of fullness or weight in the stomach, belching wind and sourness of the stomach. The fit usually occurs in the night, when the patient is asleep. He awakes under a sense of tightness across the breast that obstructs his breathing, and seems to threaten immediate suffocation. The breathing is laborious, accompanied with a wheezing noise and a short dry cough. The dread of suffocation is so great that he rises to his feet and flies to the door or window for fresh air. Speaking is difficult and even painful; the extremities are cold, the face becomes bloated, and the veins of the neck full and distended with blood. After some time these symptoms gradually subside, and towards morning the patient is comparatively easy and remains so during the day. On the return of night, the same train of symptoms arise and subside towards morning as before. Thus for three or four days and nights in succession, before it entirely subsides.

## TREATMENT.

In the treatment of this affection, the principal, if not the only article, in which we can place confidence, is lobelia. The efficacy of this article in asthma is acknowledged by all, and denied by none. The tincture may be taken in teaspoonful doses, and repeated every twenty minutes till relief is obtained; or the powdered seeds, or herb, may be taken in half teaspoonful doses, in molasses or honey, and repeated as above. A tea, or infusion made by pouring a gill of warm water on a table spoonful of the dry herb, may be taken in table spoonful doses every twenty minutes. Skunk cabbage is perhaps the next best article to lobelia, that we are acquainted with for this disease, and may be taken in the quantity and manner directed for using the lobelia. The following simple means is said to render immediate relief in many cases. Take, say half a pint of water, to which add salt-petre, as much as it will dissolve; in this solution, steep brown paper, dry it and burn half a sheet or more, in a tight room, so that the patient may breathe the smoke. The person who would be finally cured, must take a gentle emetic once or twice a week, and use two or three doses of lobelia daily, and live on a very spare vegetable diet, with as much out door exercise as his strength will bear.

## INFLAMMATION OF THE DIAPHRAGM.

(Paraphrenitis.)

## CHARACTER.

This consists in an inflammation of the mem-

brane which divides the chest from the abdomen, called diaphragm or midriff.

### CAUSES.

Exposure to cold &c., the same as pleurisy.

### SYMPTOMS.

Sharp, deeply seated pain in the side, under the short ribs, striking through from that to the back; the breathing is quick and difficult; frequently there is sickness of the stomach and hiccough; the pulse is small, hard, frequent and irregular. It is very nearly connected with pleurisy.

*Treatment the same as for pleurisy.*

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### ACUTE INFLAMMATION OF THE STOMACH.

*(Acute Gastritis.)*

### CHARACTER.

This consists in an inflammation of the mucus membrane or inner coat of the stomach, and is characterized by sickness, vomiting and burning pain in the stomach.

### CAUSES.

Irritating substances taken into the stomach; drinking rashly of cold water when heated with exercise, more especially dangerous when fatigued; exposure to cold; stimulating or indigestible food; sudden check of the menses or other habitual discharge; and the shifting or retreat of gout or rheumatism from some external part to the stomach. These are some of the most frequent causes of this disease.

### SYMPTOMS.

This affection sometimes commences with a

## 244 INFLAMMATION OF THE STOMACH.

prickling sensation or soreness in the upper part of the throat. Frequently it commences with more or less pain and uneasiness in the stomach, with sickness and vomiting, and in some instances with both vomiting and purging. In nearly all cases the patient vomits immediately after drinking any warm fluid. After each spell of vomiting the patient feels some relief. There is a constant desire for cool drink, while warm drink is almost invariably rejected. The breathing is difficult and sometimes painful. "Acute gastritis," says a late writer, "is generally attended with great depression of spirits and prostration of strength; and the pulse, though at first moderately full, soon becomes very contracted, quick and tense, and at last so small as scarcely to be felt. A short and painful cough attends in some cases, and the voice usually becomes much altered, and sometimes entirely lost, from a paralyzed state of the muscles of the throat. "The countenance is expressive of great anxiety and suffering, or of despondency and despair."

### TREATMENT.

The first thing in treating this disease should be to place the hands and feet in warm water, the heat being increased by adding hot water as fast as can be comfortably borne by the patient, and continued for fifteen minutes. The stomach should be bathed with some strong preparation of cayenne; as the tincture of cayenne, No. 6, or vinegar and cayenne. Flannel cloths must then be wrung out of vinegar and water, equal parts,

and applied as hot as can be borne, and repeated every few minutes. If hops, tansy, and other bitter herbs are at hand they should be boiled in the vinegar and water, otherwise the vinegar and water will answer alone.

Composition tea must now be given in small doses, not exceeding a table spoonful at a time, and repeated every five or ten minutes as the stomach will bear. After a gill or more of the tea has been taken, add to half a pint of the tea, half a tea-spoonful of powdered lobelia seed, stir it well and let it settle and give the tea as before.

This course, persevered in, will usually settle the stomach, alter, perhaps, one or two motions of vomiting from the effects of the lobelia. The mucilage of slippery elm bark should be the only cool drink used and this in small quantity. The bowels must be moved, and kept loose by injections; for this purpose take mucilage of slippery elm and composition tea, each half a pint; add a table spoonful of molasses and the same of castor oil or fresh lard, mix and inject when milk warm, and repeat every half hour till the bowels are moved.

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## ACUTE INFLAMMATION OF THE LIVER.

(*Acute Hepatitis.*)

### CHARACTER.

Acute inflammation of the liver is a rare disease in northern and temperate latitudes, but is quite common in hot climates. In some sections of country in the south, this is a very prevalent disease, where its attacks are sudden and very violent.

## CAUSES.

Among the usual causes are, external injuries, the use of mercury, the sudden influence of cool and damp night air after the extreme heat of the day in hot climates, drinking spirituous liquors, errors of diet, and consequent derangements of the stomach; eating too hot or stimulating food, and any sudden change in the temperature of the body, either from heat to cold, or the reverse.

## SYMPTOMS.

The patient frequently, without any previous illness, is attacked with pain in the right side, with a sense of tightness across the abdomen, and difficulty of breathing. The symptoms are aggravated by lying down. The pain frequently extends to different parts of the body, sometimes to the left side, to the breast, to either shoulder, but most frequently to the right shoulder. In some instances there is more pain felt in these parts than in the true seat of the disease. Pressure on the right side always increases the pain; and lying on the left side will usually do the same; but, this is not an invariable rule, for some lie easier on the left side. A dry, short cough usually attends the disease, with a hot dry skin, great thirst, a full and frequent pulse; and the tongue is usually covered with a white or yellow fur, and a bitter taste in the mouth. Not unfrequently there is sickness and vomiting of bilious matter.

In temperate climates, it seldom attacks with such violence, and usually assumes the chronic form.

# DISTINCTION BETWEEN

ACUTE INFLAMMATION *of the* LIVER AND PLEURISY &c.

## ACUTE INFLAMMATION OF THE LIVER.

1. Cough and oppression less severe.
2. Lies easiest on the affected side.
3. Pressure under the short ribs greatly increases the pain.
4. Pressure between the ribs does not increase the pain,

1. Breathing is performed by the motion of the ribs and expansion of the chest; while the abdomen is as quiet as possible.

1. Pulse generally full and hard.
2. Strength little affected in the beginning of the disease.
3. Vomiting is not usually excited by taking food or drink.
4. Pressure over the liver causes most pain.

1. Attended with fever.
2. Pain continuous.
3. Easiest position is leaning to the right, the knees drawn up.

## PLEURISY.

1. Cough and oppression of the chest more severe.
2. Lies easiest on the well side
3. Pressure under the short ribs does not increase the pain.
4. Pressure between the ribs does increase the pain.

## INFLAMMATION OF THE LUNGS.

1. Breathing is performed by the motion of the abdomen, and the ribs as quiet as possible.

## INFLAMMATION OF THE STOMACH.

1. Pulse generally contracted and weak.
2. Debility usually very great from the commencement.
3. Vomiting is usually excited by taking either food or drink.
4. Pressure over the stomach causes most pain.

## PASSAGE OF GALL STONES.

1. Not attended with fever.
2. Pain intermits.
3. Easiest position is leaning forward.

Obs. 1. "When the inflammation is located in the upper convex side of the liver the pain is

chiefly referred to the breast; and when located on the under concave side it is referred to the stomach.

Obs. 2. When the inflammation is confined to the membrane covering the liver there is always more pain and fever than when the substance of the liver is the seat of the disease."

## TREATMENT,

In this, as well as every other local inflammation, our first object should be to divert the blood, as much as possible, from the inflamed part, by producing an action in the extremities, and in the skin. In order to accomplish this object, the feet and hands must be bathed; (see bathing feet.) A tea of hyssop, catnip, or balm, must be freely drank; and the sweat powders, taken in such quantities as may be necessary to produce a general moisture on the skin. If the bowels are costive injections must be given every half hour till they are moved. The affected side must be bathed with tincture of cayenne, or cayenne and vinegar, and a four fold muslin, or linnen cloth wrung out of cold water and applied, which must be covered from the air, and changed as often as it becomes disagreeably warm.

Should these means fail in producing the desired relief, a full course of medicine should be resorted to, and repeated if necessary; the above means being used between the courses; in addition to which the antibilious pills should be given in divided doses; say half a pill every hour till they affect the bowels: which may be repeated

every other day. After the pain and inflammation have subsided, the compound syrup of yellow parilla should be given as a tonic and alternative. The diet should be light, and chiefly vegetable; using inoderate exercise and avoiding all sudden change.

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## LIVER COMPLAINT, OR

CHRONIC INFLAMMATION OF THE LIVER.

(*Chronic Hepatitis.*)

### CHARACTER.

Inflammation of the liver often assumes the chronic form especially in temperate climates, where we seldom see it in its acute form.

### CAUSES.

This variety of the disease may arise as a consequence of the acute form; but it usually occurs under the gradual influence of the same causes which produce acute inflammation of the liver. Persons residing in low marshy districts, or who habitually drink spirituous liquors, are most subject to this disease.

### SYMPTOMS.

The symptoms of this affection are various, and scarcely any two patients will be affected alike. Among the most common symptoms are, irregular appetite, sourness, and wind on the stomach, a sense of fullness or weight in the stomach some time after eating; pains in the stomach; and sometimes sickness and vomiting; more or less pain or soreness in the right side, and top of the shoulders;

cough, headache, yellowness of the skin and eyes; low spirits; debility, and wasting of the flesh, costiveness, stools clay colored, &c. "One of the most constant and characteristic symptoms of chronic inflammation of the liver is a dry, harsh, and contracted state of the skin." "So inactive is the skin in this affection, that to produce a general moisture, or even a softness of the skin, is often very difficult.

### TREATMENT.

We should commence the treatment of this disease with an emetic; after which the mandrake physic or anti-bilious pills should be given in divided doses; say one fourth of a teaspoonful of the mandrake physic, or half a pill every hour till they operate on the bowels. The emetic and physic must be repeated once or twice a week. The patient in the mean time should wash all over with cold water every morning, and take wine bitters, mixed with one fourth of its weight of saleratus, of this as much as will lie on a ten cent piece may be taken in water or molasses, immediately after each meal. The hepatic pills are highly recommended for this disease, and deserve a faithful trial. An ounce of blood root, pulverized and put in a quart of spirits, and taken in table spoonful doses, three times a day, will also be found a valuable remedy. The diet must be light, and such as has a tendency to keep the bowels loose; such as ripe fruit, mush, molasses, coarse bread, buttermilk, &c. The patient should never load his stomach, but invariably leave the table with an

appetite for more. The only drink should be soft water, or buttermilk.

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## INFLAMMATION OF THE KIDNEYS.

(*Nephritis.*)

### CHARACTER.

This affection is characterized by fever, pain in the back, drawing up of the testicles on the affected side, numbness of the thigh, high colored urine, which is frequently discharged; costiveness, colic pains, vomiting, &c.

### CAUSES.

Exposure to cold, irritating substances given to promote the discharge of urine, irritation of gravel in the urinary passages; external injuries; as bruises and strains of the back, violent exercise; as running, jumping, riding, &c; the retreat, or shifting of gout or rheumatism from the extremities to the kidneys, are among the most frequent causes of this disease.

### SYMPTOMS.

When this affection is excited by cold, it usually commences like other diseases from this cause, by slight chills and flushes of heat. When the disease proceeds from external injury, from gravel, from spanish flies, turpentine or other irritating substances absorbed into the circulation, or from the shifting of gout or rheumatism, the first intimation of the disease is, a sharp pressing pain in one

## 252 INFLAMMATION OF THE KIDNEYS.

or both sides of the back, over the kidney, or kidneys, when both are diseased. "The pain is deep-seated and of a very severe aching character, and but little aggravated by external pressure. Any sudden motion of the body increases the pain considerably." The testicle of the side affected, is drawn up and painful; pain in the groin, and numbness of the thigh; sickness of the stomach and vomiting. "This disease sometimes assumes a chronic form, known by heat, pain &c., over the loins."

As this affection may be mistaken for lumbago, (Rheumatism in the loins,) and lumbar abscess, (an abscess within the loins,) it will be necessary to point out the distinction between them. But where there is any doubt remaining, or the least suspicion of its being lumbar abscess, the most skillful aid should be procured without delay.

### CONTRAST.

#### INFLAMMATION OF THE KIDNEY.

1. Bending the body forward lessens the pain.
2. Vomiting and frequent desire to pass urine.

1. Urine scanty, high colored, and passed with difficulty.
2. Sickness and vomiting.
3. Little or no increase of pain from rising; or from motion of the muscles of the loins.

#### LUMBER ABSCESS.

1. Bending forwards increases the pain.
2. No vomiting nor frequent desire to pass urine unless the kidneys become affected at the same time.

#### LUMBAGO,

#### (RHEUMATISM OF THE LOINS.)

1. No material alteration in the urine.
2. No sickness or vomiting.
3. Rising to the feet or any motion of the muscles of the loins increases the pain.

## TREATMENT.

The quickest relief, in this affection, will be obtained from a full course of medicine, to be repeated as the case may demand. After the first course, the emetic may be omitted, if there be no special derangement of the stomach. Between the courses, the loins must be bathed with cayenne and vinegar, and a poultice applied, made of powdered slippery elm and crackers, or light bread stewed in new milk.

The patient should drink freely of the mucilage of slippery elm bark and hard cider alternately, throughout the disease. The warm bath has been highly recommended; but steaming, we presume, is better. A decoction, or strong tea, of the leaves or bark of the pear tree has been recommended, of which a pint may be drank in a day.

## INFLAMMATION OF THE BLADDER.

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(*Cystitis.*)

## CHARACTER.

This is characterized by pain and tenderness in the region of the bladder; frequent and painful discharges of urine, accompanied with fever, and sometimes with sickness and vomiting.

## CAUSES.

This affection may arise from external injury, irritating substances absorbed into the circulation;

## 254 INFLAMMATION OF THE BLADDER.

as spanish flies, turpentine, &c.; too long retention of the urine, as is sometimes done under a misapprehension of true delicacy; cold feet, &c., &c.

### SYMPTOMS.

Sharp burning, or throbbing pain is felt in the region of the bladder, extending along the course of the urine of and sometimes to the testicles and thighs, attended with a sense of tightness across the lower part of the abdomen, and a constant desire to make water. The small portion of urine which is passed, is high colored, and in some cases mixed with blood. An uneasy sensation at the stomach, with sickness and vomiting are frequent symptoms. The bowels are usually costive; the pulse full, hard, and frequent; the skin hot, thirst great. If the disease is not soon checked we have swelling and all the usual consequences of inflammation. The disease may assume the chronic form & becomes a source of great inconvenience to the patient. In this case the desire to pass urine is very frequent & troublesome. The urine is often mixed with bloody mucus, attended with great debility especially in the back and loins, and more or less fever.

### TREATMENT.

The lower part of the abdomen and all the painful parts should be bathed with opodeldoc and No. 6, equal parts, or some other suitable liniment. Cloths must be wrung out of a decoction of bitter herbs in vinegar and water and applied, as warm as can be borne.

The liniment should be applied every two or three hours and the cloth changed every few minutes. The bowels must be kept loose by injections and occasional doses of oil or some mild physic in violent cases it will be better to resort to a full course of medicine, and repeat as the case may demand, and use the above means between the courses. Mucilage of slippery elm should be freely drank throughout the disease. The diet must be light and unirritating.

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SMALL POX.

(*Variola.*)

## CHARACTER.

This is certainly one of the most contagious, or catching diseases of which we have any knowledge; and those who once suffer under its influence are, with very few exceptions, free from a second attack. There are some exceptions. Prof. Mitchell of Philadelphia, saw a man who had small pox twice, and a woman who had it every time she was exposed to it, which was seven times: such cases, however are very rare. When the pustules, (which consist of an eruption like little boils,) are separate, it is called *distinct* and when they run together it is called *confluent*.

## CAUSES.

The only known cause of small pox is, a specific contagion, which may be carried thousands of

miles in any article of clothing that has been on or about the body of a person laboring under the disease. This usually makes its appearance from the ninth to the fourteenth day after the infection has been received. It has been known to appear as early as the seventh, and as late as the twenty first.

### SYMPTOMS.

The disease comes on with chills, pain in the head, sickness, and other symptoms of fever; and in some instances, children will be affected with convulsions a few hours before the appearance of the eruption on the skin. After the fever has been fully established, the skin is dry, tongue white and generally red at the point; the bowels costive, and the urine scanty and high colored. About the third day, the tongue becomes quite red; and the mind is dejected and confused.

The eruption usually makes its appearance on the fourth day from the commencement of the fever; first, on the head and face, then on the neck, breast, and body. The eruption at first consists of red paints, which, about the middle of the second day, become visibly elevated, or raised above the surface, with inflamed circles around them. On the third day after the eruption comes out, a small pit may be seen in the centre of the pustules.

The pustules gradually enlarge and proceed to the formation of matter, which is completed about the eleventh day after they come out, when the inflammation and swelling abate, and the eruption

begins to dry and scale off; and about the fifteenth day it entirely disappears. The confluent variety passes through the same course, in about the same time, but the symptoms are more violent and severe.

When the pustules run together and become confluent, are flat, or of a livid appearance, the danger is great, and the most skillful aid should be procured without delay.

## TREATMENT.

The patient laboring under this most disagreeable disease, should lie on a straw, or husk mattress; in a dark room, as free from company, noise and confusion, as possible. One or two friends to attend to the patient's wants, is all the company that should be permitted. Fresh air should circulate freely through the room; but should not fall in a direct current upon the body of the patient.

"The number of pustules, and malignity of the disease, will often depend on the treatment at first adopted. If the room be considerably heated, the patient kept in bed under a load of bed clothes, and plied with heating drinks, such as white wine whey, the crop of pustules may be expected to be so great, that the powers of the patient will be exhausted before they are ripened and cleared off." "Care should be taken not to break the pustules, which causes deep sores." Dr. Mitchell says "we should keep the patient cool to make the soil poor, and thus prevent so heavy a crop of pustules." The skin being the soil in which pus-

tules grow. These are general rules, but we must be governed by the circumstances of the case. Should the fever rise high, with pain in the head, back, &c. the body should be bathed twice a day or sponged with rain water, to which a little vinegar may be added, and applied luke warm, and the sweat powders No. 1 given in connection with snakeroot tea, until the fever is reduced. A jug of hot water, or a hot stone, may, at the same time, be applied to the feet to relieve the head. On the contrary, should symptoms of typhus, or putrid fever appear, such as a low, weak pulse, delirium, extreme debility, purple eruption, or the pustules are flabby and not well filled it will be necessary to give stimulants and tonics such as composition tea, milk punch, wine whey, wine bitters, &c., &c.

When the eruption does not readily appear, or is imperfectly filled, an emetic is the most effectual mode of throwing it upon the surface. Sometimes when the eruption does not readily appear, the patient feels a sickening load about the stomach and breast: in this case let him take half a teaspoonful of the *third preparation* of lobelia, to be repeated every half hour till relief is obtained. The bowels must be kept loose either by injections or mild physic; a teaspoonful of powdered senna and jallap may be given in peppermint tea, and repeated once, twice, or three times a day, so as to keep the bowels active.

DIET.—In the commencement of the disease, and while the fever continues, the drink should be cooling and the diet light. Cold water, apple-wa-

ter, lemonade &c., will be suitable drinks; and corn gruel, buttermilk gruel, buttermilk and light bread, sweetened if desirable, will afford sufficient nourishment.

As the fever subsides, or the strength of the patient fails, the drink should be more warm and stimulating, and the food more nourishing.

To prevent pitting and deformity from small pox, a light poultice of powdered slippery elm and water, applied cool, and frequently changed, so as to keep the parts cool and constantly moist, is the best that we know of. If left on too long, so as to become dry or hot, it does more harm than good.

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## COW-POX, OR VACCINE DISEASE.

(*Vaccina.*)

### CHARACTER.

Cow-pox, or vaccination, in a great majority of cases, affords a complete protection against small pox; and where it fails of entire protection, it so modifies the disease as to render it so comparatively innocent as, in many instances, to require no medical aid. Where it does not do this, we may conclude that the matter has not been genuine, or has not been procured at a proper period. In procuring matter for vaccination, we should be careful to have it from a healthy and clean skinned person, or something worse than *small* pox might be communicated. The best time for procuring matter is from the fifth to the ninth day, after the pustule makes its appearance. It may be introduced with a needle, or the point of a lancet,

which should merely scratch through the outside, or scarf skin, with as little bleeding as possible.

## COW-POX.

As it is a matter of much importance to every one to know whether he has the genuine cow-pox, and consequently whether it is likely to protect him from a future attack of small-pox, we will here point out the distinction between the genuine and spurious.

### CONTRAST.

#### GENUINE.

1. Inflammation does not commence till the second, third, or fourth day after the puncture is made.
2. Pale at first, and becomes gradually of a beautiful rose color.
3. Arrives at maturity about the ninth day.
4. A regular rose colored circle surrounds the pustule, largest from the sixth to the ninth day.
5. Flatten'd surface, with a small depression in its centre.
6. Contains a transparent, or colorless fluid.
7. Leaves a scar like small pox.

#### SPURIOUS.

1. Inflammation from the first or second day.
2. Red from the first and sometimes dark red.
3. Arrives at maturity about the fifth day.
4. An irregular red circle; largest from the second to the fifth day.
5. Higher and sharp pointed.
6. Contains a cream colored, or bloody fluid.
7. Usually no scar.

The susceptibility of the system to small-pox, increases from twelve to twenty-five years of age; and diminishes from that to forty. This is the reason that some persons, vaccinated in youth, take the disease in manhood; and not because the

protection from vaccination wears out, as has been supposed. Dr. Mitchell believes that it is not best to vaccinate those who have once been vaccinated, at, or immediately before, the time of their exposure to small-pox, as it only increases their liability to take the disease.

Vaccination will not be likely to succeed where there is tetter, or almost any other disease of the skin. Where the matter is genuine, it is apt to produce some constitutional symptoms of success, such as headache, pain in the back, fever, &c., which will pass off in a few hours, without medicine. When the inflammation is very great in the pustule, poultice with slippery elm.

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## CHICKEN POX, OR SWINE POX.

(*Varicella.*)

### CHARACTER.

This is a catching disease, bearing some resemblance to small pox, and seldom, if ever attacks persons more than once.

### CAUSES.

So far as is known, this disease arises from no other cause but contagion.

### SYMPTOMS.

The appearance of the eruption is usually preceded by a slight degree of fever, quick pulse, headache, pain in the back, thirst, flushing of the face and restlessness. In many instances, however,

the eruption comes out without any previous illness. The appearance of the eruption is usually accompanied with an uneasy tingling and itching in the skin, which causes the patient to be very restless.

The eruption, at first, appears in small, red, flat, and shining pimples; with a watery fluid in the centre. On the second or third day they become of a pale yellow color; and on the fourth, the blisters begin to shrink; and on the sixth day the blisters are converted into scabs, which fall off on the ninth or tenth.

### TREATMENT.

This complaint is usually so trifling as to require no treatment, except to keep the bowels loose by an occasional dose of rhubarb or senna. Should the fever rise too high, some balm, catnip or snakeroot tea should be given till a gentle sweat is produced. A little lobelia may be added to the tea; but, except in violent cases, need not be carried so far as to produce vomiting.

### DROPSY OF THE SCROTUM.

(*Hydrocele.*)

### CHARACTER.

This consists in an effusion of serum, or water in the coats of the testicle. There is a tumour formed which gradually increases and is transparent and elastic. Sometimes a fluctuation of water can be felt. Great care is necessary to discriminate between this and hernia or rupture. In

hernia the tumour usually disappears on lying down, which is not the case in dropsy of the scrotum.

### TREATMENT.

If there be general debility, or derangement of the system, a course of medicine should be administered, and repeated as often as may be necessary to restore the general health. The part should be bathed with equal parts of lobelia tincture and No. 6, two or three times a day, and a poke of hot salt applied at bed time. The bowels should be kept open by frequent doses of jal-lap and cream of tartar, equal parts. Two or three tea spoonsful of this mixture may be taken each morning fasting. If the above treatment does not remove the water, it will be necessary to tap the part and draw it off; which must be done by some person of skill and experience.

### INSANITY OR, MENTAL DERANGEMENT.

(*Mania.*)

### CHARACTER.

“Insanity, or mental derangement is,” says Spurzheim, “an aberration of any sensation or mental power from the healthy state, without being able to distinguish it; or without the influence of the will over the actions of the voluntary instruments. In other words, the incapacity of distinguishing the diseased functions of the mind.” Derangement of mind is usually first manifested, in

false opinions formed in relation to the patient's nearest connections, and best friends.

### CAUSES.

Insanity may arise from a great variety of causes; the following are among the most common exciting causes. The use of ardent spirits, inordinate sexual desires, and that destructive habit among some young people called onanism; Dyspepsia, intense study, exposure to excessive heat of the sun, *disappointed love*, violent anger, mistaken notions of religion, in short a want of religion; for he who consistently follows the dictates of *true religion* will never be insane. "The fear of the Lord is the beginning of wisdom."

### SYMPTOMS.

Mental derangement is usually preceded by a change in the temper and disposition of the patient. His temper is irritable, easily provoked and fretful. "Often betrays an unusually vicious disposition; he sleeps, but little; is harrassed by frightful dreams; forms various extravagant plans for the increase of his fortune, or the good of the public." In a majority of cases the appetite is unnaturally craving; the bowels costive; heat, and pain in the head; face red, eyes wild and glistening, with giddiness or swimming in the head.

Some patients are melancholy, shun company, and are not much disposed to talk or take exercise. While others are quite mirthful, which they

express in wity jokes, antic gestures and loud laughter.

Another class is furious and boisterous, full of malice and resentment; and entertain the greatest hatred towards those with whom they have been most associated.

Insanity usually manifests itself in paroxysms or fits, which may last from one day to several months, with longer or shorter intervals of rationality. Some are quite deranged during the summer and become much more rational during the fall and winter. Others appear to be under the influence of the moon: while a few are uniformly deranged the year round.

## TREATMENT.

On the first approach of mental derangement the patient should, as far as possible, be relieved from all business and every other source of irritation and anxiety of mind, and treated with attention and kindness. And, instead of relating, in the patient's hearing, marvelous tales of the wondrous and foolish things he has said and done, as some thoughtless folks are wont to do, every idea of derangement should, as far as possible, be concealed from the patient's mind. The bowels should be kept loose by diet, injections, and mild physic, when they cannot be kept loose without. The diet should be as light and digestible as possible. Bread, fruits, sugar or molasses and water, will be sufficiently nourishing; and should not be taken in too great quantity at a time. When it becomes

necessary for his own benefit, or the safety of others, to make the patient acquainted with his true situation, it should be done in the most candid manner by some confidential friend, in whom the patient has confidence.

When these mild measures fail in preventing the full developement of the disease, we should not confine the patient at home, under the vain expectation of curing the disease, while surrounded by the causes and circumstances that gave it birth. If travelling or change of residence does not improve his condition, let him be sent to the Asylum, or submitted to the hands of the most skillful.

When the patient is furious and raving, darkness is indispensably necessary in calming the mind.

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### FAINTING OR SWOONING.

(*Syncopæ.*)

### CHARACTER.

Fainting is a partial, or total cessation, or suspension of pulsation and breathing with a loss of voluntary motion and death like paleness of the face.

### CAUSES.

Fainting may arise from the loss of blood or any other cause that produces great debility of the system; violent passions or emotions of the mind; extreme heat, especially on coming into a warm and crowded room after enduring severe

cold, or when fatigued from exercise. Habitual fainting may arise from debility, or from a diseased state of the heart or brain.

### SYMPTOMS.

Fainting commences with great anxiety about the heart, dimness of sight; the pulse and breathing become suddenly weak; in some cases they are imperceptible, the patient being suddenly deprived of both sense and motion. The extremities become cold and relaxed, the face pale and in some instances very closely resembles death.

### TREATMENT.

The patient must be immediately laid down with his head as low as his feet; and if the fainting was caused by the loss of blood, the head should be the lowest part. About half a gill of water should be suddenly and forcibly dashed in the face, and the extremities briskly rubbed with the dry hand or a piece of flannel, and camphire, hartshorn, or the like may be held to the nose. But be careful not to hold any very highly scented or sharp smelling article too long, or too close to the patient's nose or you may do more harm than good; try it to your own nose, and then, "as you would that men should do to you" &c. Every thing tight must be removed from the body; the clothes especially about the neck, must be free and easy. If these means fail, let the feet be immersed in warm water and a little essence of peppermint, or

essence of cinnamon, No. 6, or some other stimulating article be cautiously poured into the patient's mouth. Persons subject to fainting should avoid all the causes which they know will be likely to give rise to it, such as passing immediately from the cold air into a heated room, crowded assemblies in warm weather &c., &c.

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GIDDINESS, DIZZINESS, OR  
SWIMMING OF THE HEAD.  
(*Vertigo*.)

CHARACTER.

In this affection, the patient feels a sense of fullness in the head, the sight grows dim, and the mind confused. Every thing appears to be running round, and if the patient attempts to walk he staggers or falls.

CAUSES.

Giddiness is usually a symptom of some other derangement: such as a foul stomach, costiveness, dyspepsia, overloaded stomach, difficult or obstructed menses, or any thing that causes too great a determination of blood to the head, and is often a fore-runner of insanity, apoplexy, epilepsy, &c.

SYMPTOMS.

Among the first symptoms is an uneasy sensation in the head, the eyes are painful and cannot be steadily fixed on any one object without pain; the mind is confused, as before stated, objects ap-

pear to be running round and the patient cannot walk or even stand without danger of falling. When this affection is not attended with determination of blood to the head it is not dangerous; but when the vessels of the head are full, throbbing in the temples and the face red; there is danger of apoplexy.

### TREATMENT.

For immediate relief, the feet must be placed in warm water, and the head cooled by pouring it with cold water, while a little cayenne pepper should be taken inwardly.

To effect a permanent cure we must remove the cause. If the stomach be foul, an emetic, followed by a dose of the anti-bilious pills will be the best remedy, or in mild cases the pills alone will usually afford relief. When it arises from debility of the nerves, the cold bath will be the most appropriate means. The feet should be kept warm and bathed frequently; the bowels loose, and the strictest temperance observed, both in eating and drinking. A hearty drink of cold water at bed time, will be found highly beneficial.

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### DELIRIUM TREMENS.

(*Mania a Potu.*)

### CHARACTER.

This variety of mental disease is characterized by trembling of the limbs, wakefulness or inability to sleep, strange, fanciful, and frightful visions be-

fore the eyes; wild incoherent or foolish talking &c.

### CAUSES.

The habitual use of intoxicating liquors and opium are the most frequent cause of this singular and most distressing disease. It is said that as long as the usual quantity of these narcotic stimulants is used, the disease seldom makes its appearance; but when the accustomed dose is either suddenly left off, or greatly diminished the disease is likely to occur.

### SYMPTOMS.

This disease usually commences with a want of appetite, belching of wind, lightness of the head, inability to sleep, confusion of ideas; and as the disease advances there is an expression of suspicion and alarm in the countenance. He becomes, at times, very talkative, and easily provoked; the hands tremble and he is continually tormented with frightful and disgusting sights before the eyes. He sometimes fancies that he sees snakes, dogs, cats and mice in his room; and that disgusting vermin are crawling over his bed and clothes, and that various persons have entered his room for the purpose of robbing, killing, or annoying him. To avoid these horrid illusions he often calls out loudly for assistance; runs to the door to make his escape, or to the window to leap out. If the patient is flatly contradicted, he usually becomes much exasperated, and insists with vehemence on the correctness of his notions; but, when he is

soothingly dealt with, he will now and then answer certain questions mildly, and even distinctly, and by judicious management, may, in general, be restrained without any violent or coercive measures. This is a general description of the disease; but there is a great variety of symptoms in different cases.

## TREATMENT.

A table spoonful or two of No. 6 may be taken in a little sweetened water, and repeated every half hour, if necessary; this will usually afford immediate relief; after an emetic or a full course of medicine should be administered, and followed by stimulating injections. Before the emetic is given the feet should be bathed in weak lye, and kept warm by the application of a hot stone or jug of hot water, in order to divert the blood away from the head, lest fatal apoplexy result from the straining and vomiting. There will, however, be little danger of this if the full course be administered according to directions: (See course of medicine.) The patient should be washed all over in moderately cold water every night and morning. After a brief washing, accompanied with a brisk rubbing with his own hands and those of an assistant, he should be rubbed dry and immediately covered in a warm bed, at least until he is comfortably warm; after which, if in the morning, he should arise and take exercise in the open air. Continue the treatment till well.

## HYSTERICIS.

(*Hysteria.*)

### CHARACTER.

Hysterics is characterized by wind in the stomach and bowels, giving rise to pains resembling colic; a sensation compared to that of a ball rising into the throat, which threatens suffocation; alternate fits of crying and laughing; stupor; convulsions &c.

There are three varieties, 1. *Chronic or Habitual*, which most frequently occurs among weak delicate females, with weak nerves and irritating tempers. 2. *Convulsive Hysterics*, is more common among stout & robust females, who are full of blood & possessed of strong passions. This variety seldom attacks the weak & delicate. 3. *Hysterical Stupor*, is usually met with among young unmarried females, whose minds are susceptible of stronger impressions; as grief, joy, fear, &c.

### CAUSES.

Any thing that has a tendency to debilitate the nervous system will predispose to hysterics. Violent passions and emotions of the mind; as anger, grief, disappointment, great excitement, &c, are among the most usual exciting causes. Indigestible food taken into the stomach will sometimes excite it. Perhaps derangement of the monthly periods is as common a cause of this affection as any that we have named.

## SYMPTOMS.

1. *Chronic Form*.—Persons afflicted with this variety of hysteria are subject to great and sudden variations in their temper and states of mind, being at one moment gay and cheerful and at the next gloomy and desponding; and will either cry or laugh as the feeling of the moment may determine. A fit of the disease usually commences with various disagreeable sensations in the abdomen, head, and chest.

There is a sense of weight and bearing down in the lower part of the abdomen; colic pains from wind in the stomach and bowels; frequent desire to make water, which is usually attended with pain and difficulty; the sensation of a ball rising in the throat, which causes difficult and hurried breathing.

2. *Convulsive Hysteria*. In this variety the fit occurs suddenly without any premonitory symptoms. In some instances the patient exhibits the most singular variety of symptoms; sometimes crying and at others laughing; at one moment apparently easy and cheerful, the next, in the most extreme agony, convulsed with spasms, gnashing the teeth or tearing out the hair. When these symptoms subside the patient is left free from disease, except, perhaps, a little pain in the head or pit of the stomach.

3. In *Hysterical Stupor* the patient, without any previous spasms, falls into a state of insensibility resembling a deep sleep. This state may continue from an hour to a whole day. Fits of hys-

teria are sometimes very alarming, but are seldom attended with danger, except when the patient is very much debilitated, or when the disease changes into mania or epilepsy.

### TREATMENT.

During a fit of hysteria our first object should be to relieve the pain and remove the cramp as soon as possible. For this purpose a tea spoonful or two of the third preparation of lobelia, will give relief as quick, perhaps, as any other article known. It may be repeated every fifteen minutes until it produces the desired effect. As soon as the patient is able to swallow, an emetic may be administered. Or should the desired relief not be obtained and the patient still unable to swallow, the following injection may be given; to a pint of pennyroyal or weak composition tea, add a tea spoonful of nerve powder and half the quantity of powdered lobelia seed, or, a table spoonful of the tincture, and a table spoonful of sweet oil or lard, inject the whole. Sometimes a dash of water in the face will bring them to their recollection.

Between the fits, and in chronic cases, especially where there is a sensation like a ball rising in the throat, called by the doctors, "globus hystericus;" a pill of asafoetida, the size of a pea, should be given every three hours, and will be found highly beneficial. But of all other remedies for this and every other nervous disease, cold water stands first. They who drink no other beverage but that of pure water, avoid the downy bed of the luxuri-

ous and slothful, “shake off dull sleep” at an early hour, and take the cold bath every morning, will never be tortured with the multifarious ills that render life a burden to thousands. Who among the beguiled daughters of Eve, will shake off the spell of infatuation and follow the dictates of reason and experience, into those plain paths of exercise and temperance which lead unerringly to life, health, and happiness. Those who are delicate and unaccustomed to bathing may commence with running a wet towel or sponge rapidly over the body, and after being well rubbed with a dry towel, may return to bed until comfortably warm; then let them rise and take exercise in the open air. The amount of water and its coldness may be gradually increased until the full shower bath, or a bucket of the coldest water may be dashed on without dread or fear: (See cold bathing. One ounce of the saw dust from rich pine added to a pint of best French brandy and half a pint of water, and taken in table spoonful doses three times a day, will be found beneficial to patients having weak nerves.

HYPOCHONDRIA, SPLEEN, VAPOURS,  
ENNUI, &c.

(*Hypochondriasis.*)

### CHARACTER.

Hypochondria is another of those diseases which depend upon debility of the nervous system, induced in many instances by a derangement of the

stomach and liver; and is characterized by want of resolution, timidity, apprehension of the worst and most unhappy consequences from all future events; and however groundless or foolish their opinions may be, no arguments can convince them of the contrary.

### CAUSES.

Any circumstance, or combination of circumstances, capable of greatly debilitating the nervous system, may give rise to this disease. It usually attacks men of advanced age, being seldom met with in early life. When it has once commenced, it generally goes on increasing.

The usual exciting causes are grief, great anxiety of mind, long continued and intense study; want of exercise and proper amusement, or relaxation of mind; loss of reputation, property or friends; dyspepsia or derangement of the stomach and liver; intemperance, immoderate sexual pleasures, crude, windy and unwholesome food &c.

### SYMPTOMS.

Persons afflicted with this deplorable disease are usually very attentive to the state of their own health; and from the slightest change in their feeling, or any unusual sensation, they apprehend the greatest danger, even death itself. They are disposed to fly from remedy to remedy, and from one physician to another, without fully testing the virtue of any; and beside a few, perhaps real ailments, are continually tormenting themselves with

“a multitude of imaginary woes.” To show the length of extravagance to which some have carried the imaginations we shall give the following from Ewel’s Medical Companion.

“Some are afflicted one way and some another, according to the agitations of the mind, for it is so affected as to produce many strange notions, which are hard to be eradicated, and the patient brought to his right mind again. Some have insisted that they were *tea pots*, and others that they were *town clocks*; while one conceits that his belly is very large, and full of *young ducks*, another affirms that his legs are made of glass; one that he is very ill, and another that he is actually dying.

But I never heard of any of this blue Devil Class, whose extravagance ever yet came up with the following, which was related to me by my noble hearted old friend, the late Dr. Stephenson, of Baltimore, whose very name always sounds in my ears as the summary of every manly virtue. This hypochondriac, who, by the by, was a patient of Dr. Stephenson’s, after ringing the changes on every mad conceit, that ever tormented a crazy brain, would have it at last, that he was dead, actually dead. Dr. Stephenson, having been sent for one morning in great haste by the wife of his patient, hastened to his bed side, where he found him stretched out at full length, with his hands across his breast, his great toes in contact, his eyes and mouth closely shut, and his looks cadaverous. Well sir, how do you do, this morning? asked Dr. Stephenson, in his blustering jocular manner as he

approached his bed. "How do I do," replied the hypochondriac, faintly—"a pretty question to ask a dead man," "dead!" replied the Doctor, "yes sir dead! I died last night about twelve o'clock!" Quick as lightning Dr. Stephenson caught his cue, which was to strike him on the string of his character, in which the Doctor happily recollected he was very tender: having gently put his hand on the forehead of the hypochondriac, as if to ascertain whether it was cold or not, and also felt of his pulse, and exclaimed in a doleful note, "yes, the poor man is dead enough. It is all over with him, and now the sooner he is burried the better." Then stepping up to his wife, and whispered her not to be frightened at the measure he was about to take; he then called to his servant, saying, "my boy, your poor master is dead, and the sooner he can be put in the ground the better. Run to Mr. C.——m, for I know he always keeps New England coffins by him ready made, and do you hear? bring a coffin of the largest size, for your master makes a stout corpse, and having died last night, and the weather being warm, he will soon begin to smell." Away went the boy and soon returned with a proper coffin. The wife and family having got their lesson from the Doctor, gathered around him, and bawled no little, while they were putting the body in the coffin: presently the pall bearers, who were quickly provided and let into the secret, started with the hypochondriac for the church-yard.

They had not advanced far, before they were met by one of the towns people, (who having been

properly drilled by the facetious Stephenson,) cried out, "Ah Doctor! what poor soul have you got there?" "Poor Mr. B——," sighed the Doctor—"left us last night." "Great pity he had not left us twenty years ago replied the townsman, "for he was a bad man." Presently another of the townsmen met them with the same question, "and what poor soul have you got there Doctor?" "poor Mr. B——," answered the Doctor, again, "is dead"—"Ah indeed!" said the other, "and the devil has got his own at last." "Oh vile wretch!" exclaimed the man in the coffin; "if I was not dead how I would pay you for that." Soon after this, while the pall bearers were resting themselves near the church yard, another one stepped up with the old question again, "what poor soul have you got there Doctor?" "poor Mr. B——," he replied "is gone," "yes and to hell said the other, for if he is not gone there I see not what use there is for such a place." Here the dead man bursting off the lid of the coffin, (which had been designedly left loose,) leaped out exclaiming: "oh you villain! I am gone to hell, am I!—well I have come back again to pay such ungrateful rascals as you are." A race commenced immediately between the dead and living men, to the petrifying consternation of many of the spectators, at the sight of a corpse, bursting from its coffin, and in all the horrors of the winding sheet, racing through the streets. After having exercised himself into a copious perspiration, by his fantastic chase, the hypochondriac was brought home by Doctor Stephenson, freed of all his complaints, and by strengthen-

ing food, and generous wine, cheerful company, and moderate exercise, was soon restored to perfect health.

### TREATMENT.

In a great majority of cases the imaginary evils that afflict the hypochondriac, are caused either directly or indirectly by some real bodily disease; hence in treating this affection our first aim should be to remove, as far as possible, the cause of the complaint. If the patient has symptoms of dyspepsia, we must pursue the course laid down under that head; and if the nervous system be weak, it must be restored to strength and energy by tonics, exercise, cheerful company, cold bathing &c. And when the mind alone is diseased we must soothe it with kindness and divert it from the painful remembrance of the melancholy subject, upon which it has been accustomed to dwell. The manner of doing this, must depend upon the circumstances, and condition of the patient. We will therefore leave it for the ingenuity of the attendants or friends to devise the best mode of accomplishing this object. Travelling with cheerful company will be found highly beneficial, where circumstances will admit; and cold bathing with exercise and constant employ of an agreeable character are indispensable to a cure.

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### VOMITING AND PURGING.

(*Cholera Morbus.*)

### CHARACTER.

Cholera morbus is an affection of the stomach

and bowels, characterized by frequent vomiting and purging, with severe griping pains, and cramps in the stomach, abdomen, and extremities.

### CAUSES.

The system is greatly predisposed to this disease by the relaxing and debilitating influence of hot weather; which is supposed to cause the secretion of an irritating acid by the liver, making its appearance in the stomach and bowels, and upon which the disease depends. It is also produced by eating raw, indigestible, or unwholesome food.

### SYMPTOMS.

The disease usually comes on suddenly, with pain and sickness of the stomach, followed by pains in the bowels resembling colic. In a few minutes after this, the vomiting and purging commence, which so rapidly exhausts the strength of the patient, that in a few hours, he is unable to stand alone; and in severe cases, it seldom continues beyond twenty four hours without terminating either in recovery or death. At first, the discharges from the bowels are thin and watery, with very little bile in the discharges, either from the stomach or bowels; but after the disease has continued for an hour or more, the bile is discharged copiously in both ways.

Among the most distressing symptoms of this painful disease, are the cramps which frequently attack the muscles of the abdomen and lower ex-

tremities. The thirst is extreme with a constant demand for cold drink, which, instead of allaying the thirst, only increases the vomiting. The pulse is weak, frequent, and irregular; the feet and hands are cold and the countenance pale, and expressive of great distress. The symptoms become more and more severe, and unless relief is promptly afforded, death is the inevitable consequence.

### TREATMENT.

In mild cases, a tea spoonful of No. 6 repeated every ten minutes, for three or four times, will usually check the disease; or, take of salt and cayenne pepper each a teaspoonful, and add to a tea cupful of good vinegar; of this give a teaspoonful every five or six minutes, will sometimes answer better than the No. 6. Which ever of these articles we use, the stomach must be rubbed with the same, and a wet cloth must then be applied to the part and a poke of hot salt or ashes applied over that, to keep it as hot as can be borne. But where it is at hand, the neutralizing mixture is far superior to either of the above; this is composed of rhubarb, saleratus, peppermint and cinnamon, equal parts, all pulverized and mixed. Add a large teaspoonful of this powder to half a pint of boiling water, sweeten with loaf sugar, and when cool enough, add two table spoonsful of best French brandy; of this give two table spoonsful every half hour. "It is seldom," says Dr. Beach, "that the patient will vomit up more than one dose of the medicine; it rests upon the

stomach, calms the irritation, checks the nausea and vomiting, passes gently through the alimentary canal (stomach and bowels,) changing their contents from the most morbid and fœtid, to the most healthy state. While mercury, which is now given in this disease, only aggravates, this preparation acts divinely, and, as I was about to say, might be compared to the act of extinguishing fire by pouring water upon it." If the above cannot be procured, or should fail from any cause, we must proceed to carry the patient through a full course of medicine. The emetic, in this case, must be given in small doses, and frequently repeated until it will lie on the stomach; thus, to a teacupful of composition tea, as hot as you can bear your finger in, add a teaspoonful of powdered lobelia seed; the herb will answer, but not so well; stir it and when settled give a teaspoonful every five minutes till it lies on the stomach; then increase the dose to a tablespoonful, and repeat till it produces vomiting. At first, while giving the teaspoonful doses, no drink should be allowed; but when we allow the patient to vomit; composition tea should be given in abundance till the stomach is sufficiently cleansed; when the patient should be left to rest. A vomit given in this way has, without any other treatment, cured the worst cases we ever saw.

In all such cases it will be advisable to procure the most skillful aid, if such can be had, who will not poison the patient.

## ASIATIC OR, SPASMODIC CHOLERA. (*Cholera Asphyxia.*)

This “scourge of nations,” which has travelled round greater part of the habitable globe, carrying desolation and death in its awful visitations, has once more, we learn, taken up the march of death; and if not providentially prevented will visit us, during the coming summer, for the third time.

GEOGRAPHIC SKETCH.—That Geography should be connected with any disease may seem curious to many, but there can be no doubt of the fact, that the cholera, having assumed the epidemic form, travelled over the world in regular order, and with a pretty uniform march. Previous to the year 1817, this disease generally appeared in the sporadic or irregular form, both as to its place and the persons attacked; but about the middle of August of that year, it commenced its march as an epidemic, having some connection with the peculiarity of the atmosphere at that time, and in the place, whence it took its rise. A Hindoo in Jessore, (a town 70 miles east of Calcutta, in the East Indies,) was taken with vomiting and purging, and died on the second day, the cause being supposed to be his having eaten spoiled rice. The immediate death of seventeen others, and ultimately of one tenth of the population however, dispelled the illusion and spread horror and dismay among the people. It soon reached the capital of British India, Calcutta, having for one month ravaged the villages of the intermediate country. It then took through Bengal, and on to

the rivers Ganges and Jumna, where it seemed to stop; but soon broke out at Benares, a considerable town in the interior, and distant from Calcutta. Benares being the holy city of the Hindoos, the crowds of worshippers made the disease more terrific, and no less than 15,000 died in less than two months, and 30,000 died in a single district. In 1819 the disease arrived at Ceylon and shortly after, it appeared at Malacca, Java and some other of the oceanic islands; and thence passing through the kingdom of Siam, it destroyed 40,000 persons in the town of Bankok. In 1820 it visited various parts of the Birman Empire, and in the following year 1821 it crossed the sea of Arabia to the city of Muscat, where it exhibited the most frightful mortality; and where we are told, the dead were not buried, but sewed up in mats and turned adrift in the harbour. Passing along the coast of the Persian gulf it destroyed about a thousand per day for fifteen days, at Bassora; and it arrived at Bagdad where 30,000 more were cut off in a very short time. In 1822 it passed through Turkey, and in 1823 it reached the Asiatic coast of the Mediterranean, and nearly at the same time it passed through Persia, and proceeding in a north-western direction arrived at Astracan at the mouth of the Volga, in September of the same year.

During the years 1824-5-6 and 7, it again visited many of the same places, and in much the same order as before mentioned, and again arrived at Astracan in 1830. From this point it rapidly spread through Russia, Poland and Germa-

ny; and in 1831 it visited *Hamburgh*, and late in October of the same year, reached *Sunderland* in England, and spreading in a north-western direction it had reached all the populous cities of England, Ireland and Scotland against March 1832. Its first appearance on this continent was at *Quebec* on the *St. Lawrence* river on the 8th of June 1832, and in two days after, it visited *Montreal*; being a distance of one hundred and eighty miles. Having scourged all the principal places on the *St. Lawrence* and the lakes, it arrived at *New York* on the 24th of June; and passing up the *Hudson* river, arrived at *Albany* on the 3d of July, and was in *Philadelphia* in two days afterwards; and pursuing the principal water-courses it rapidly spread over the entire Union.

### CHARACTER, CAUSES, &c.

“One of the laws,” says *Dr. Bond*, “which seems to govern this epidemic (cholera) is its steady and uniform progress from east to west; wholly incompatible with the idea of propagation by contagion. In 1832 it appeared first in the eastern extremity of Canada, and traveled over a given space in about the same time, until it crossed the United States to the extreme towns of the West.

Another law appears to operate invariably. The epidemic riots in crowds. It strikes wherever, in its course, persons are congregated, in cities and large villages, in prisons, penitentiaries, almshouses, and in camps: but it passes over, with few if any exceptions, the scattered population of the country. Whether the morbid cause finds in the

emanations from congregated human bodies something with which it combines, and which is necessary to its activity as a poison, we know too little of the nature of the cause itself to say ; but the fact, that its virulence was chiefly, if not exclusively, developed under such circumstances, both in 1832 and 1834, is pretty well established by the history of the epidemic and general observation.

The third law we shall mention is common to all epidemical diseases ; and to virulent endemics also. They compel, during their prevalence, all other febrile diseases to wear their livery. Whatever other ailment occurs to individuals during the prevalence of cholera, influenza, or yellow fever, if they produce constitutional disturbance they are generally merged in the reigning disease, and consequently partake of its violence and danger to life. This remark, however, must be limited by the limits of the reigning disease itself. If it only attacks a certain class of subjects, or within a given space, the law is limited to such subjects and such space. Thus the measles only attacks those who have not before been subjected to it, though it usually exists as an epidemic. And perhaps the same may be said of scarlet fever, while yellow fever acts only within a limited circle around its source. With the knowledge of the first law of cholera, we are permitted to prepare, as well as human effort can prepare, for the expected visit of the epidemic. We may do this deliberately, as we can determine beforehand what time will be allowed us, by the distance of the nearest city which has been invaded.

With an understanding of the second law, we are directed to the most efficient measure of prevention, which is, to lessen, as much as possible, the number of subjects to be acted upon in cities, villages, &c. It will not do, however, to encamp the poor in considerable numbers in the country, as has been done during the prevalence of yellow fever; for it is not the place, or the atmosphere of places, which invites the cholera, but congregated human bodies; and whether this is in town or country the effect is the same. The almshouse of Baltimore is two miles from the city; yet in no place did the cholera rage with more violence than in that institution, perhaps the best institution of the kind in the world.

The people of cities should, therefore, disperse themselves over the country, in anticipation of the approaching epidemic, and not wait until its arrival.

But, whoever else remains, let the drunkard, and even the habitual temperate drinker of intoxicating beverages, take "the pledge," and hasten to the woods. His inveterate, relentless enemy, is at hand. His stomach will attract the cholera, like a lightning rod; and his system will make little resistance, but run down to "collapse" in two or three hours. Perhaps among the numerous benefits conferred upon this country by the temperance societies, one of the greatest has not yet been enumerated. They will have greatly lessened the hopeless subjects of cholera.

*Is the disease catching?* The opinion was formerly entertained both by physicians and others,

that it was very catching; but since the disease has visited the enlightened nations of Europe and America and afforded the medical world an opportunity of becoming familiar with its true character, this opinion has been relinquished by the most intelligent physicians on both sides of the Atlantic.

The rapid manner in which it traveled from place to place, without any reference to the current of emigration, affords, at least, presumptive evidence that it was not carried by contagion; but, as has already been intimated, was communicated by some agency or condition in the atmosphere, beyond the scrutiny of human intelligence. It appears that this atmospheric condition or agency produces in the system a predisposition to the disease, which only awaits some error in the constitution or habits of life to develop the disease. It is stated that while the cholera was raging in Moscow as much as forty thousand persons fled to the country; but in no instance was the disease communicated by them to the districts where they took shelter.

A late writer informs us that he has slept in the wards with the dying, and that he and his assistants had stood for as much as six hours per day over the dead bodies of persons who died of cholera, with their hands constantly imbrued in the secretions of the dead, and received various dissecting wounds, and yet not one of them took the disease. Dr. Walker, speaking of the disease as it prevailed at Moscow, says that "persons had put on the clothes of patients who were very ill, or

had died of cholera—had lain in their beds, and even along side of dead bodies—had bathed in the same water where very bad cholera patients had been bathed just before, and that, notwithstanding, not one of these individuals was attacked with the disease.”

Dr. Mackintosh thinks that there is no evidence of its contagious character, and that the cases which have been advanced in proof of the contrary opinion can all be explained on other and more satisfactory principles. “What answer,” says he, “can be made to this fact, that I have seen several mothers suckle their children when they themselves were dying of cholera, and in one instance I found an infant suckling its dead mother’s breast, and yet not one of them had a symptom of cholera, at least for months afterwards? The wife of the first person attacked with cholera in Edinburgh was found ‘*dead drunk*,’ lying with her face on the breast of her dead husband, whom she had robbed of his stimulants; yet she escaped the disease!”

We generally observe that diseases which are really catching advance regularly, and that in the direct line of intercourse between the people; but cholera attacks places hundreds of miles distant, at nearly the same time, leaving populous places in the line of intercourse between them unmolested. And when it first entered a city it often selected its victims from different, and even opposite parts of the place, as was observed both in New York and Philadelphia, in which it selected

its victims in such a manner as was entirely incompatible with contagion.

## SYMPTOMS.

The symptoms of this disease are usually divided into three stages: 1st, the premonitory or warning stage; 2nd, the stage of collapse, or sinking stage; 3d, the stage of reaction and fever.

1. PREMONITORY STAGE.—The approach of this fearful disease is usually attended with swimming in the head and depressed state of both body and mind. There is usually an uneasy sense of fullness across the abdomen, with a rumbling or churning noise, from wind in the bowels. The fingers and toes are often affected with slight cramps, sometimes accompanied with numbness and an indisposition to move the limbs. These premonitory symptoms are soon followed by discharges from the bowels, which, however, are not usually attended with much griping pain. After these symptoms have continued for an uncertain period, from a few hours to as many days, the more severe and frightful symptoms appear. In some cases the very first symptom of the disease is a sudden and most copious discharge from the bowels; and in some rare cases sickness and vomiting are among the first symptoms, unaccompanied by any looseness of the bowels. Among the first alarming symptoms are ringing in the ears, swimming in the head, dimness of sight, faintness and the most horrible feelings of anxiety and distress. "The bowels begin to rumble; a burning pain is felt at the

pit of the stomach and violent purging and vomiting ensue, followed by great prostration."

2. SINKING STAGE.—After some or all of the above symptoms have continued for a short time, the sinking stage comes on, so suddenly in some instances, as to produce immediate prostration. The stools, which were at first of a bilious or yellow appearance, now become watery and resemble very thin gruel or rice water; sometimes they consist of water which is almost clear, with small flakes of curdled matter floating in it. Sometimes they look like the washings of beef; and instead of the usual odour they smell more like the water in which salt fish has been soaked, and a similar smell is sometimes observed to arise from the body. These appearances of the stools are among the greatest peculiarities of the disease, and indicate the true cholera. The desire to go to stool is generally instantaneous and irresistible. The stools are usually very copious and accompanied with discharges of wind and griping pains. This stage seldom lasts long, for if the patient is not soon relieved by medicines he will soon be destroyed by disease. There is a death-like coldness of the hands and feet; cramps and spasmodic twitchings now take place in the fingers and toes, and sometimes in other parts of the body; burning pain in the stomach, and vomiting of large quantities of a watery fluid. The skin becomes shrunk and pale, and an expression of great anxiety rests upon the countenance. The thirst is great with a constant desire for cold drink. The pulse becomes so weak as to be scarcely perceptible at the wrist, and

sometimes it entirely disappears for several hours before the death of the patient. The voice becomes weak and whispering, the ringing in the ears and cramp increase, the breath and tongue become cold, and finally a want of circulation and universal cramp terminate the miseries of the unhappy sufferer.

3. STAGE OF REACTION AND FEVER.—Those *few* who struggle through the second stage, have to encounter the dangers of a fever consequent upon the general reaction that follows the stage of collapse. Few arrive at this stage of the disease. With those who recover, the disease is usually arrested in its first stage; and those who die, usually die in the second; but the few that escape the dangers of the second or sinking stage become affected with a fever similar to typhus. At the termination of the second stage there is an abatement of all the severe and threatening symptoms; the vomiting and purging cease, the temperature of the body is restored, the cramps disappear, and the prospect of recovery is truly flattering; but the scene is soon changed; all the symptoms of a most malignant fever soon set in; the skin becomes hot, with thirst, sickness and vomiting of billious matter, hurried and difficult breathing, irregular pulse; the patient becomes stupid and drowsy, the purging returns, the abdomen becomes tender and painful which is increased by pressure; delirium, convulsions &c., usually close the scene of suffering. Such is a brief account of the usual symptoms attendant upon this most frightful disease;

but we seldom, if ever, find them all united in the same case.

### TREATMENT.

It appears that when this disease is taken in the onset, and the symptoms promptly met with appropriate remedies, it generally, if not uniformly, can be cured. But a short delay, in many instances, enables the disease to get the ascendancy, and the unfortunate patient passes rapidly beyond the reach of remedies.

On the first appearance of the disease the patient should drink half a gill or more of best No. 6, and immediately be covered warm in bed, with a jug of hot water or hot stone on each side of him, his feet turned over the side of the bed and placed in warm water, the heat of which must be gradually increased by adding hot water; (see directions for bathing feet.) The whole stomach and bowels must be bathed with vinegar and cayenne pepper, or the strongest tincture of cayenne, &c. A cloth must then be wrung out of hot water and spread over them, and changed as often as it begins to get cool. After the feet have remained in the water fifteen minutes, let them be dried and briskly rubbed with the cayenne and vinegar, and placed in bed with a jug of hot water or hot stone placed near them. The patient must drink freely of composition, pennyroyal or other herb tea until he sweats freely, which must be kept up for at least twenty-four hours. In the mean time, the cholera syrup must be taken in table spoonful doses, every hour or two as the case

may demand. The neutralizing mixture or pepper sauce, if there is any sickness or vomiting, must be given as directed under the head of cholera morbus. Should these means not be sufficient to control the disease, the third preparation may be given in teaspoonful doses every fifteen or thirty minutes, as the case may demand, until the cramps are relieved. Injections must also be frequently given; the following will be found excellent for that purpose; take composition tea one pint, new milk half a pint; salt, molasses, and sweet oil or lard, each a table spoonful: mix and inject, and give the patient an alcoholic sweat. See directions under that head.

#### VARIOUS MODES OF CURE FORMERLY TRIED.

Dr. Mackintosh says, "the following long catalogue was made out at the time cholera prevailed, but it is not even pretended that all the remedies are enumerated:"

Venesection, (bleeding,) cupping, dry cupping, arteriotomy, (bleeding in an artery,) emetics of mustard, ipicacuanha, antimony, and sulphate of copper.—Calomel, colocynth, singly and combined, castor oil, croton oil, jallap, opium, calomel and opium, fluid mercury, mercurial frictions, opium combined with antimony, opiate confection, colchicum, peppermint oil, capsicum, charcoal, camphor, variously combined, æther, mint tea, spt. ætherisnitrici, magnesia, milk, milk and magnesia combined, lime water, alkalies, spt. ammo. aromat., Dover's powder, ox. bismuth.—Various balsams, acetate of lead, nitrous acid, soda water, cold water *ad libitum*, water prohibited, efferves-

cing draughts, strychnia, various rubefacients in the shape of frictions, sinapisms, embrocations, various contra irritants, as blisters, antimony ointment, moxas, actual cautery, bastinadoing the feet! Cutting the throat! Suffocating under a feather bed! Injections of oxygen gas into the bowels! The application of heat in the shape of warm bath, vapour bath, fomentations, dry heat, the application of cold, galvanism.—Injections of beef tea, starch and opium, turpentine, chamomile tea, hot water, cold water, strong solution of potassa fusa, tobacco, port wine, alcohol, sulphate of copper, acetate of lead, &c., Stephen's drug, saline injections into the veins.

The above list would be humiliating to the whole profession, continues the Dr. were it not remembered how much anxiety and excitement prevailed among medical men at the time; so much so, that several lost their reason, and many their lives on the occasion. Many of these remedies are totally opposite in their nature and principles of action; many of them were proposed upon erroneous principles, and many more upon no principles at all." Calomel in this, as in most other diseases, was the Samson remedy. The enormity of the doses of this medicine would be incredible to those not aware of the powers of the system to resist the impositions sometimes forced upon it. It was frequently given in doses from a drachm to an ounce, and a pound and a half has been known to be given in 48 hours. It is surprising what the human system will sometimes undergo without annihilation.

## WATER BRASH.

(*Pyrosis.*)

### CHARACTER.

This disease consists in a discharge of a clean water by eructations or vomiting, attended with burning heat about the pit of the stomach.

### CAUSES.

It may be caused by any thing that greatly deranges the digestive organs; such as the use of ardent spirits; poor diet; taking poison for medicine; as calomel, arsenic &c.; depressing passions of the mind, or long continued mental labour; and cold applied to the lower extremities; as damp, or wet feet, &c.

### SYMPTOMS.

Water brash occurs in fits or spells which are most frequent in the morning, when the stomach is empty. The first symptom that the patient feels is an uneasy and painful sensation in the stomach, which is followed by a discharge of a clear liquid, sometimes having a sour taste, but oftener entirely tasteless. After a few spells of discharging the water from the stomach, the patient feels relieved and the fit subsides; but is likely to return at longer or shorter intervals, and is sometimes very troublesome.

### TREATMENT.

Let the patient take an emetic, followed by a dose of the antibilious pills. The emetic and

pills may be repeated in a few days, if necessary. This produces a healthy action in the digestive organs, which must be strengthened by taking the winebitters & saleratus; of this powder take as much as will lie on a ten cent piece, fifteen minutes before eating, three times a day. Should this disagree with the stomach, the laxative tonic may be substituted. All excesses in eating or drinking, hot bread, unripe fruits, &c., must be carefully avoided.

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## INDIGESTION.

(*Dyspepsia.*)

## CHARACTER.

Dyspepsia is a derangement in the process of digestion, and is characterized by loss of appetite, sickness or vomiting, costiveness, wind in the stomach and bowels, heart burn, pain in the stomach, tenderness in the region of the stomach and under the short ribs, with heaviness through the whole system.

## CAUSES.

Among the various causes that tend to impair the digestive organs, intemperance in eating and drinking are the most common. The use of tea, coffee, tobacco, and poisons, sometimes called medicines; hot bread, and all other articles taken into the stomach too hot have the same tendency; want of exercise in the open air; too long continu-

ed, or intense application to study; anxiety of mind; eating too fast, without taking sufficient time to chew; exposure; late hours; and finally, every cause which has a tendency to debilitate the system, may predispose to dyspepsia.

### SYMPTOMS.

In the commencement of this disease, the appetite is usually very irregular, sometimes entirely wanting, at others unnaturally craving; the bowels are generally costive; and the patient is troubled with wind, and sour belchings; the mind is often depressed, especially an hour or more after eating. If the patient indulges his appetite, he usually suffers for some hours after, with pain in the stomach, or bowels: sick-headache is a very common and distressing symptom of indigestion.

After the disease has continued for some time, the mind becomes irritable, gloomy, and desponding; and it frequently gives rise to hypochondria, and other derangements of mind. Or, it may cause disease of the lungs, and terminate in consumption. (See dyspeptic consumption.)

### TREATMENT.

We should commence the treatment of this lingering and stubborn disease with an emetic; which, not only cleanses the stomach of its vitiated secretions, but gives increased action to the stomach, liver, and other organs concerned in the process of digestion. After the emetic, the bowels should be

moved with the mandrake physic, or the common purgative. If the tongue is coated and a disagreeable taste in the mouth; or if the stomach appears to be loaded, with headache, &c., it may be necessary to repeat the emetic in three or four days. After the stomach has been once cleansed, the patient should be careful to eat such articles only, as he knows from experience, will be likely to agree with his stomach. Carefully avoiding warm bread. and all hot articles of diet; as well as all sweetmeats, pies, sweetened bread of every description, and every thing that is known to lie heavy upon the stomach. Food should be taken regularly, and never in such quantity as to entirely satisfy the appetite. No other article should be used as a drink but water; soft water is best. The patient may indulge himself in the free use of cold water, at all times, except at meal time, and for half an hour before and after, when it will be advisable to use as little drink of any kind as will be consistent with comfort; as it only serves to dilute the gastric juice, which is already deficient in its solvent powers. A hearty drink of cool water at bed time, and on rising in the morning, will be beneficial to the dyspeptic.

Where the bowels are habitually costive, it is a very bad plan to take pills, or physic of any kind, to keep them regular; as it will soon grow into a habit, which will not be easily relinquished. The want of sufficient out door exercise; keeping the body too warm; lying too long in a soft, warm bed: drinking tea, coffee, and ardent spirits; or bread made of fine flour, are all calculated to produce

costiveness. Also care and anxiety of mind; and last, but not least, the want of regular attention to the calls of nature. A regular hour should be set apart for this purpose, which neither business nor company, should interfere with.

“This,” says an ingenious writer, “is a matter of so much importance that it should never be neglected. There is always reason for alarm, when threatened with costiveness.”

Beside exercise and regular attention to the calls of the bowels, we may do a great deal towards regulating the bowels by proper attention to diet; corn or rye bread, or bread made from unbolted flour; mush, molasses, buttermilk, hommony &c., will be found highly beneficial. In addition to these, the patient may eat a handful or two of clean wheat bran, two or three times a day. The use of this article is always safe, and one of the best means of regulating the bowels, in dyspepsia and some other diseases, that we have ever known.

The laxative tonic may also be taken a few minutes before eating, commencing with a teaspoonful and gradually increasing to a table spoonful. The plainer and more simple the diet, and habits of living, the better. And as much freedom from care and anxiety of mind as possible, is to be preferred. The third or half of a teaspoonful of white mustard seed, swallowed whole, the first thing in the morning, is said to be an excellent remedy for dyspepsia.

## CANKER, THRUSH OR SORE MOUTH.

(*Aphtha*.)

### CHARACTER.

This disease appears in white specks resembling curdled milk, in the corners of the mouth, on the lips, tongue and back part of the mouth. Sometimes it spreads all over the inside of the mouth; and from its appearance at the lower extremity of the bowels, it has been thought that it extended entirely through the intestines. Children fed by hand are most subject to this disease; and with such, sometimes proves fatal.

### TREATMENT.

The diet of the child should be changed, and it put to the breast of a healthy woman, if possible: when this cannot be done, new milk, one third water, and sweetened with loaf sugar is a good substitute; this must be prepared fresh every time the child is fed. Children that have no teeth should not be fed on solid food; and chewing food for children is an abomination! The child's bowels should be moved with some gentle physic. Senna combined with third its weight of ginger will answer the purpose very well, and may be repeated every other day for a week. Then take a teaspoonful of pulverized borax and mix with a table spoonful of honey, or the same quantity of loaf sugar, finely pulverized, will answer instead of the honey. The third of a teaspoonful of this mixture may be put into the child's mouth every three hours. Or take sage, privy bark, & sumach berries, equal parts,

and make a strong tea, and to every half pint add a teaspoonful of pulverized alum; with this let the child's mouth be frequently washed.

This is good for any sore mouth, whether the patient be old or young. A tea of red raspberry leaves is also good. Our friend Dr. B——, first gives an emetic, followed by enough of the neutralizing mixture to act gently on the bowels; then gives golden seal, finely pulverized and sifted, and formed into a paste with honey. Half a teaspoonful of this paste is to be put on the child's tongue every three hours. This, we have no doubt, is an excellent plan and every way worthy of its ingenious author.

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## MILK SICKNESS.

### CHARACTER.

This disease is confined to the western parts of Ohio and some of the adjoining states; and is characterized by sickness, burning in the stomach, vomiting, obstinate costiveness, &c.

### CAUSES.

"It is communicated to cattle and sheep, says Howard, as is pretty well ascertained, by eating the leaves of a poison shrub; hogs and dogs derive it from eating the milk or dead carcasses of cattle or sheep that die of this disorder, which, in them, is called the trembles; and man takes the complaint from eating either the milk, butter or flesh of infected animals.

## SYMPTOMS.

The disease usually comes on with a sense of weariness and debility, and a very offensive breath. These symptoms sometimes continue for some days before the attack comes on; at other times it comes on suddenly with most distressing sickness and burning at the stomach, vomiting, thirst, and the most obstinate costiveness. While the costiveness continues, it seems almost out of the question to stop the vomiting, which, if not soon checked, must necessarily exhaust the patient; hence none but the most prompt and energetic treatment can save the patient.

## TREATMENT.

As the vomiting and irritability of the stomach usually prevent enough of physic from being given to move the bowels, the only alternative is to give injections, which must not be done with a sparing hand. The following forms a very good injection for that purpose; to a pint of hot water a table spoonful of salt, two table spoonful of molasses and the same of castor oil: sweet oil or fresh lard will answer. Give the whole of this by injection at once, if possible, and let it be retained as long as the patient can, before it is passed off. This must be repeated every twenty or thirty minutes until the bowels are moved.

In the meantime, the patient should take a table spoonful of strong composition tea, every ten minutes, or a teaspoonful of pepper sauce may be

given at the same intervals and apply a plaster of mustard or horse redish to the stomach. Should these not check the vomiting, let the composition tea be mixed with a small quantity of lobelia, say a small teaspoonful of the pulverized seed to a pint of the tea, and a table spoonful given every few minutes until it lies on the stomach, when the dose must be increased and repeated until free vomiting is produced, and the stomach properly cleansed. "My course," says Dr. Hewston, "has always been to give weak lobelia tea, to take off the tension of the stomach, and injections to relieve the bowels; then apply the steam to relax the surface; and when this is properly done, give lobelia so as to produce thorough vomiting, that the stomach may be relieved of all irritating matter in it; and as soon as the stomach is settled, give physic enough to operate freely on the bowels; the operation will be quicker and more effectual if the patient be kept in a gentle perspiration.

After the physic has operated, if the stomach does not feel clear of weight and soreness, give another emetic, with steaming and toning the surface, as one course will do more good after physic has operated well, than two courses would before. Generally, when lobelia operates thoroughly, there is a dark substance thrown from the stomach like coffee grounds, which give immediate relief; and by giving laxative bitters sufficient to keep the bowels open, the patient is soon well."

The patient should be careful not to fatigue or expose himself to cold or damp air for some time, or the disease will be likely to return.

## COSTIVENESS OR CONSTIPATION. (*Constipatio.*)

### CHARACTER.

A costive state of the bowels is usually a symptom of some other disease; such as dyspepsia, liver complaint, &c. Persons whose occupations require a great deal of sitting; those who have a great amount of care and anxiety of mind, and those troubled with hypochondria, are very liable to costiveness.

It is a very common practice for persons who are costive to take physic which only aggravates the disease by rendering the bowels still more costive; hence one dose creates a necessity for another, until a habit is formed which is not easily broken off.

### TREATMENT.

When costiveness depends upon some other disease; as dyspepsia, &c., we must use the appropriate means for removing the principal disease, while the state of the bowels is only to be regarded as one of the symptoms. Where it arises from too constant sitting, or too close confinement within doors, no treatment will answer so well, as exercise in the open air, which should be taken at regular hours every day. This, with the habit of retiring at a regular time or times, each day, for the purpose of unloading the bowels, will cure a majority of cases without any other means. The strictest attention should be paid to the diet of

those troubled with costiveness; corn, rye bread, and wheat flour unbolted; buttermilk, molasses, mush, ripe fruits of all kinds, stewed apples, &c., will be found very beneficial. At the same time, avoid bread of superfine flour, buckwheat, cheese, coffee, opium, wine, &c. Rubbing and pressing, or kneading the bowels, is very useful; and so are cold bathing and drinking plentifully of cold water; especially at bed time, and on first rising in the morning, which should be at an early hour. Eating a handful or two of wheat bran, once or twice every day, has relieved some obstinate cases. The laxative tonic should be taken three times a day.

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## VOMITING.

(*Emesis.*)

## CHARACTER.

Vomiting, like costiveness, is generally a symptom of some other disease; but where it becomes excessive, or occurs in persons whose peculiar circumstances render vomiting unsafe, it becomes our imperative duty to check it as soon as possible. Vomiting is some times a very distressing symptom of pregnancy, and is always, worst when the woman first rises in the morning. When this is the case, the woman should have some bread and coffee, or something comfortable to eat, before rising in the morning. A little good sherry or Port wine taken occasionally through the day, will sometimes relieve this kind of sickness; or what is still better,

a few doses of neutralizing mixture taken as often. When vomiting comes on shortly after delivery, it is attended with danger, and should be checked by every suitable means. Soda, lemonade, peppersauce, essence of peppermint, or peppermint tea, neutralizing mixture; and mustard, or horse radish plaster, on the stomach, should be tried. While these means are being tried, a messenger should be sent, on the swiftest horse, for the most skillful Physician within reach; as inflammation may be the consequence, and the woman die within twenty-four hours. Under ordinary circumstances the above means will generally check the vomiting; but should they fail, give an emetic as directed under the head of milk sickness.

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## DIABETES.

(*Flux d'Urine.*)

### CHARACTER.

Diabetes consists in a frequent and excessive discharge of urine, sometimes having a sweetish taste. It is more frequently met with among men advanced in years; especially those who have been addicted to the use of spiritous liquors and luxurious living.

### CAUSES.

This disease may be caused by excessive fatigue, carrying heavy burdens, long journies on rough roads or a hard trotting horse. It may also arise

from intemperate habits in eating and drinking, the use of spanish flies and spirits of turpentine taken as medicines, long protracted grief and anxiety of mind; and, in short, all the depressing passions and emotions will favor the developement of the disease in persons who are predisposed.

### SYMPTOMS.

Diabetes usually comes on gradually, with a sense of weariness or debility; head-ache sickness, and sometimes vomiting, with increased quantity of urine, which in some cases amounts to fifteen or twenty pints in twenty-four hours; exceeding by far the entire amount of both food and drink taken by the patient in the same time. In consequence of which the body wastes rapidly. The appetite is unusually craving, though the food is evidently not well digested, giving rise to wind; and painful or uneasy sensations in the stomach sometime after eating. The tongue is covered with a white coat in the centre, with red edges, the mouth is dry and parched, great thirst, dry skin, "urine of a pale straw color approaching to a shade of green. Its smell is usually faint, resembling that of milk, or according to some, that of fresh animal broths." The duration of diabetes is various. In some instances it terminates in a few weeks; generally in a few months, and sometimes in as many years.

### TREATMENT.

As this is a dangerous disease we should adopt the most decided measures at once. Let the pa-

tient, therefore, be taken through a thorough course of medicine, which should be repeated about once a week in ordinary cases. Between the courses, the best tonics must be used. The wine bitters in brandy or wine, or the laxative tonic, if the bowels are costive, may be taken three times a day, in such quantity as will keep the bowels regular. The shower bath must be taken every morning with exercise immediately after, if the patient's strength will admit; and as much out door exercise through the day as can be endured without fatigue. Where the strength is not sufficient to endure exercise on foot, riding in a carriage, or on horse back, must be substituted.

DIET, is sometimes a very important part of the treatment of this disease. An entire animal diet has usually been recommended, but this rule is not without its exceptions. Where it agrees it should be adopted. It is stated that one patient was cured after other remedies had failed, by eating boiled beef-steak, well cooked, and thoroughly chewed, without bread or vegetables of any kind; this was taken three times a day in small quantities, with very little drink.

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### NIGHTMARE.

(*Incubus.*)

### CHARACTER.

Nightmare always comes on during sleep; and appears in the form of a frightful dream. The patient imagines himself to be in some imminent

danger, or pursued by some frightful animal from which he attempts in vain to escape; if he attempts to run, his legs fail him; or if he attempts to fight his blows have no force. Sometimes it "comes on with a sense of weight and oppression in the chest, often accompanied with a distressing dream; the person makes ineffectual efforts to speak and move; he moans and groans, and at length awakes, oftentimes affrighted and much fatigued." Nightmare is a very distressing disease; and it is highly probable that it has, in some cases, proved fatal where the cause of death was not known and perhaps never suspected.

### CAUSES.

Among the most frequent causes of nightmare are grief, anxiety of mind, intense study, languid circulation of the blood from want of proper exercise; weakness of the digestive organs, or an overloaded stomach, from improper food, especially when taken at too late an hour, or immediately before going to bed.

### TREATMENT.

Persons who are troubled with nightmare should take sufficient exercise in the open air; avoid eating strong or indigestible food, especially for supper, which ought to be light and eaten at least three hours before bed-time. Where this is not sufficient to give relief, the nerves must be braced by tonics; and a little nerve powder, No. 6, or cayenne tea may be taken before going to bed.

# PALPITATION OF THE HEART.

(*Palpitatio Cordis.*)

## CHARACTER.

This disease is characterized by an irregular and rapid motion of the heart, sometimes so violent as to be heard at some distance, and seen on the outside of the clothes.

## CAUSES.

Whatever has a tendency to weaken the nervous system such as excessive fatigue, violent passions and emotions of the mind; fear, anger, &c; onanism, sexual indulgence, intemperance, &c.

## SYMPTOMS.

When persons, affected with this disease, attempt to run, walk up stairs, or make any violent exertion, the heart is thrown into a rapid and violent motion, with difficulty of breathing and more or less pain, uneasiness, or oppression in the chest. In some cases the motions of the heart are irregular; after two or three beats, in rapid succession, it loses one or two; and so on. After every two or three beats it makes a pause of longer or shorter duration. The countenance is pale, and expressive of anxiety; and the patient is rendered incapable of any kind of labour.

## TREATMENT.

As this disease is always attended with more or less danger it is proper that a skillful physician should be consulted before any mode of treatment is adopted.

Where the disease arises from weakness of the nerves, suitable tonics must be used; such as the wine or spice bitters, or the laxative tonic. But, of all other forms of treatment, none can compare with the water treatment, for this and every other disease of the nerves; the full benefits of which will be best realized at some well conducted Water cure Establishment.

Where the heart is enlarged, or otherwise changed in structure, a cure can hardly be anticipated.

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JAUNDICE.

*(Icterus, or morbus regius.)*

## CHARACTER.

This is a disease of the liver, and of the tube that conveys the bile from the liver into the bowels; and is characterized by yellowness of the skin and eyes, bitter taste in the mouth, clay-colored stools, bilious urine, and generally, an obscure pain in the right side.

## CAUSES.

Jaundice may be caused by anything that obstructs the passage of the bile through the tube

that conveys it into the intestines; as biliary concretions, called gall stones, lodged in the tube; spasms or contraction of the tube itself; enlargement and hardening of the neighboring organs so as to compress the tube; or tough mucus clogging up the orifice of the tube. When, from any of these causes, the bile is prevented from flowing along its natural channel, it becomes engorged, is absorbed, carried into the circulation and thrown upon the surface and discharged by urine.

### SYMPTOMS.

This disease comes on with loss of appetite, stupidity, drowsiness, oppression and costiveness; which is soon followed by a yellow appearance of the skin, whites of the eyes, nails on the fingers, and finally spreads all over the surface; the stools are white, the urine high colored, with a yellow sediment, which imparts its colour to linen. A pain frequently extends from the right side to the pit of the stomach, which is aggravated by eating a full meal. Some patients are much disposed to sleep, while others, on the contrary, are unusually wakeful.

### TREATMENT.

In violent cases, or cases of long standing, we should commence with an emetic, after which the antibilious pills should be given, in divided doses, a pill, or half a pill, if the patient is very easily physicked, every hour till they move the bowels; after which one, more or less, may be taken every

other night, at bed-time, so as to keep the bowels open. If this does not break the disease, the emetic must be repeated or a full course of medicine administered, according to the urgency of the case. Where there is pain in the side or in the pit of the stomach, let the part be bathed with No. 6, or cayenne and vinegar; and a hot stone wrapped in a damp cloth applied. In the meantime, the laxative tonic may be taken three times a day.

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## SCURVY.

(*Scorbutus.*)

### CHARACTER.

Scurvy is a disease which is chiefly prevalent in cold climates, and is characterized by extreme debility of the system, a pale and bloated complexion, spongy gums, livid spots on the skin, offensive breath, swelling of the legs, foul ulcers, small and frequent pulse, offensive stools, &c.

### CAUSES.

It arises from breathing impure air, unwholesome diet, or the exclusive use of salt provisions, or animal food; as on long sea voyages; want of exercise and cleanliness; anxiety of mind, with exposure to damp and cold air, are among the most frequent causes of this disease.

### SYMPTOMS.

Previous to the appearance of any disease upon

the skin the patient feels an unusual degree of weakness and indisposition to move; the breathing becomes short and hurried upon the slightest exertion; the countenance becomes pale or lead-colored; the skin is dry, and small scales appear on different parts of the body. After a short time dark blue or violet colored spots appear on the legs, which extend over the thighs, abdomen and arms; the gums at the same time become spongy and bleed on being touched; the breath is very offensive, and a very disagreeable taste in the mouth; the teeth become loose and decay. As the disease advances these symptoms all become aggravated, and others of a more alarming character arise; such as hæmorrhages or discharges of blood from different parts of the body; pains in the breast, side &c.; scaly eruptions over the body; obstinate ulcers; & dysentery, dropsy or mortification terminates the sufferings of the unhappy patient.

### TREATMENT.

In ordinary cases the only thing necessary to restore the patient to health is to give him fresh air to breath; restore him to fresh and healthy articles of diet, with suitable exercise and cheerful company. The diet should be chiefly vegetable; all kinds of ripe fruits, potatoes, cabbage, horse radish, onions, carrots, &c., &c. But of all the different articles of vegetable food, none, it is said, can equal "cabbage in the form of sour-kROUT," both as a preventive and cure for scurvy. Where the patient has been accustomed to animal food, some fresh meat should be allowed, provided it

does not aggravate the disease, which can be determined alone by experience. A milk diet generally proves beneficial. The drink may consist of cider, vinegar and water, butter-milk &c.; the best of all is lemon juice in water, sweetened. Where this cannot be procured it may be imitated by making water pleasantly sour with tartaric acid, to every pint of which, add six or eight drops of oil of lemon and sweeten with sugar. This forms a very pleasant drink for either sick or well.

*Medicines* are very seldom needful in the treatment of this disease; but, in obstinate cases, or where the digestive organs are much deranged, a course of medicine will be found highly beneficial, and may be repeated as the necessity of the case may demand. Between the courses, the wine bitters should be taken three times a day, in such doses as the stomach will bear. The root of sour, or narrow leaved dock, is highly recommended as a remedy in this disease. It is to be made into a strong tea, of which the patient should drink a pint or more every day.

For ulcers of the gums and looseness of the teeth, let the mouth be washed three times a day with the Dentist's scurvy wash, or charcoal and bayberry, equal quantities. Ulcers in different parts of the body are to be washed with water and castile soap and poulticed, if inflamed, and afterwards washed with tincture of myrrh, and dressed with the healing salve. Where symptoms of mortification appear, apply a poultice of yeast and charcoal, and wash every time the poultice is changed with No. 6.

## LUMBAGO.

Lumbago is nothing more nor less than rheumatism located in the small of the back and lower part of the backbone, which causes great weakness and pain in the back, the pain being greatly aggravated by lifting or stooping. Treatment the same as for rheumatism.

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## WORMS.

Medical writers have described a great variety of worms that infest the human body; but they are chiefly comprehended under the following three classes, viz; ascarides, small round and short worms, which generally occupy the lower part of the bowels: the teres, round worms, which occupy the small intestines and stomach; and the tænia or tape worm, which usually occupies the whole intestinal canal, and is said to be from two to forty feet long.

## CAUSES.

The origin of worms in the human system is a mystery which has never yet been explained. Worms have been found in shut cavities of the human body; and a horse was exhibited in Philadelphia with a worm in the aqueous humour of his eye. How worms could get into these situations, whether they dig their way through the surrounding membranes at an early period of their existence; or their eggs conveyed there, through the medium of the circulation is unknown; the latter, is

the opinion of Prof. Mitchell. Whatever their origin may be, it is evident that their growth depends upon an unhealthy secretion of the stomach and bowels, as they are never known to do any injury except when the stomach and bowels are otherwise deranged.

### SYMPTOMS.

The usual symptoms denoting the existence of worms are, indigestion, variable appetite, foul tongue, with red speck near the point, hard, full, and tight belly, offensive breath, with griping pains about the navel, swelling of the upper lip; paleness of the face, especially about the mouth, with occasional flushing of the cheeks; heaviness and dullness of the eyes, itching of the nose, grinding of the teeth, starting in the sleep and a dry cough; usually attended with more or less fever. A majority of the above symptoms may arise from a foul stomach without worms.

### TREATMENT.

As the stomach and bowels are almost uniformly deranged in every instance where symptoms of worms are present, we think it advisable to commence the treatment with a vomit, followed by a physic of the butternut syrup; or pink and senna, with enough of ginger to prevent it from paining the bowels. After these have operated, tonics should be given; such as a tea of poplar bark; the wine bitters, &c. This course may be repeat-

ed two or three times if necessary; with an interval of one or two days between each course. Westley's plaster for worms is also worthy of a trial.

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## HEADACHE.

(*Cephalalia.*)

Headache usually arises as a symptom of a foul stomach, and is called sick headache; a costive state of the bowels, determination of blood to the head from cold &c. It also arises from debility of the nervous system, and is called nervous headache.

## TREATMENT.

Where head ache arises from derangement of the stomach, an emetic will be the quickest relief. We have known saleratus to relieve it in a short time. Take the bulk of a common bean dissolved in cold water, and repeat in two hours, if necessary. Or, if the case is not very urgent, and the patient unwilling to take medicine, a day or two of entire abstinence from food, will usually cure it. If occasioned by costiveness, use the means recommended under that head. When it arises from cold, cure the cold, by bathing the feet, drinking warm teas &c. For nervous headache a little tincture of nervine and No. 6, will generally give relief. Persons addicted to headache, should avoid overloading the stomach; live on the plainest diet, observe regular hours, both for eating and sleeping; and bathe the head in cold water every morning.

A mustard plaster, the size of a dollar applied to each temple, we have known to give relief in a few minutes.

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## SURGERY.

### INFLAMMATION.

#### CHARACTER.

Inflammation is characterized by heat, pain, redness and swelling of the parts affected.

#### CAUSES.

Inflammation may result from either extreme heat, or cold; from external injuries; as blows, cuts, bruises, burns, scalds, &c.

#### SYMPTOMS.

Among the usual signs of inflammation are, heat, redness, swelling, with shooting and throbbing pain. And where the inflammation is extensive the system is affected with fever; coated tongue, quick pulse, and dry hot skin.

#### TREATMENT.

In treating inflammation we should, as far as practicable, remove the cause. If it be caused by a wound, let the wound be cleansed, and all poisonous and irritating substances removed: then to

reduce the inflammatory action, let perspiration be excited on the skin, by drinking freely of catnip, balm, or peppermint tea; and the bowels unloaded by injections or some mild physic. "Where there is local inflammation," says Dr. Beach, "apply a decoction of bitter herbs," or, "apply a poultice to the inflamed part; and none equals the slippery elm bark for all kinds of inflammation: there has been nothing discovered that will bear any comparison, in point of utility, with it." The powdered bark may be mixed with rain water, new milk, and sometimes with weak lye, to the consistency of a poultice, and applied either cold, luke warm, or warm, as upon trial, may afford the most relief. For white swellings, felons, and inflammation of the breast, the bark mixed with lye is best. A small quantity of sweet oil may be added to keep it longer soft and moist. The bark of linn root, scraped fine, and beaten with cold water or simmered in sweet milk, forms an excellent poultice for inflamed parts. Or, to keep the part constantly wet with soft water, of such temperature as may be most agreeable to the patient, will reduce inflammation as fast as any other application that we know of.

After matter has been formed, which may be known by the softness and fluctuation when the parts are slightly pressed by the fingers, it will be better, in a majority of cases, to puncture it with a lancet or some sharp pointed instrument in order that the matter may escape; then apply a poultice while it is discharging; after that, dress with some healing salve until it is healed.

## WOUNDS.

By a wound we are to understand a division of the soft parts of the body by any instrument or agent. Wounds may be divided into six varieties; viz, 1. *Incised*, when divided by a sharp instrument; as a knife, axe, or sword. 2. *Punctured*, when made by a pointed instrument, as a pitch fork or spear. 3. *Lacerated or torn*, when done with a saw or any dull instrument forcibly driven through the flesh. 4. *Contused*, where the injury is accompanied by a bruise, as from the falling of a stone or piece of timber. 5. *Gunshot*, from the discharge of a rifle, musket, pistol, &c. 6. *Poisoned*, as dissecting wounds, bites of men, dogs, snakes &c.

DANGER OF WOUNDS.—This depends upon the nature and extent of the wound, the importance of the parts involved, and the age and constitution of the patient.

Where death results from a wound it usually arises from bleeding, locked-jaw, fever, erysipelas, or mortification. The pain from a wound is usually but trifling at first, unless a nerve or tendon has been partially divided, in which case it is often severe. After an hour or more the pain increases and is accompanied with more or less inflammation; and when the wound is large a proportional fever follows. The symptoms becoming more and more aggravated from neglect or improper treatment, mortification may be the consequence; but in favourable cases, the lips of the wound either become glued together by a sisy

matter thrown out from the blood, and heal by what surgeons call the first intention, which is usually accomplished in three days; or, a thin serum oozes into the wound, collects there and is changed into pus, upon which the pain and inflammation subside, and the wound heals by the second intention.

### TREATMENT.

In treating a wound three things claim special attention. 1. *Stop the bleeding* as soon as possible. 2. *Remove all dirt* and foreign substances from the wound. 3. *Place the parts* in the most favourable position for healing.

1. *To stop the bleeding*.—In a majority of cases, where no large bloodvessel is divided, to bring the lips of the wound together, apply a piece of linen folded thick, just broad enough to cover the edges of the wound, and secured by a bandage, will be sufficient. But where this is not sufficient to stop it, take a small bunch of lint, roll it into a tight ball and press it into the place from which the blood flows; upon this, place a small roll of linen or muslin and secure it by a bandage.

Where the bleeding wound is situated on an arm or leg the part should be placed as high as possible; then by pouring on cold water from the pipe of a coffee pot, or some other convenient vessel, the bleeding will usually be stopped. When an artery of any considerable size is divided, a surgeon should be sent for, to tie it up. In the mean time the thumb should be pressed upon the

vessel to prevent the patient from bleeding to death before the surgeon arrives. The bleeding from a vein and artery may readily be distinguished from each other: the blood from an artery is of a bright scarlet colour, and is thrown out in an irregular jerking stream, corresponding with the beating of the pulse; whereas the blood from a vein, is of a dark purple colour, and flows in a smooth regular stream.

2. *Cleanse the wound*, by removing any splinters, pieces of bone, dirt, or any other foreign substance that may be found in the wound.

3. *Bring the lips of the wound together*, or as nearly so as the nature of the case will admit, and secure them by strips of adhesive plaster; or a few stitches may, in some cases, be necessary. In case of extensive injury a surgeon should be employed.

INCISED WOUNDS, which means a clean cut, when dressed as above directed, will usually unite in about three days, without any further attention, except to keep the part at rest, and to avoid cold.

PUNCTURED WOUNDS, are frequently attended with great danger; but this depends upon the parts involved in the injury. When any internal organ, or bloodvessel is injured, the most skillful aid should be procured without delay; otherwise let it be treated like lacerated wounds.

LACERATED WOUNDS, should be dressed as before directed; that is, the bleeding stopped, the wound cleansed, and brought as near to the natural position as the case will admit. The wound should then be covered with lint and carefully se-

cured by a bandage, and kept constantly wet with No. 6; or water will answer, but will not heal it so fast, nor so certainly prevent mortification.

**CONTUSED WOUNDS**, are nothing more nor less than bruises. They may be covered with several folds of linen, and kept wet with No. 6, or water, as above directed; or, they may be wet with vinegar and wormwood boiled together, and applied luke warm or cold. Wounds near a joint are always more dangerous. The safest plan is to splint the limb so that it cannot be bent.

**GUNSHOT** wounds must be treated on general principles; but should be entrusted only to the most skillful.

**POISONED WOUNDS**, are of various kinds, but require to be treated in many respects alike.

1. **DISSECTING WOUNDS**, or wounds received in opening or dissecting the bodies of the dead, are dangerous, and sometimes fatal.

They should be well sucked at the time, and a garlick or onion poultice, of the raw article pounded fine, applied cold; to be changed every three hours for three times, then poultice with slippery elm, or wrap in four plies of linen and keep it wet with water, and take some mild physic.

2. **BITES OF MEN, DOGS**, and some other animals, are very poisonous, and should be poulticed with the pulverized slippery elm stewed in new milk, and then dressed with the healing salve.

3. **BITES OF SNAKES OR MAD (RABID) ANIMALS.**

When bitten by a snake or mad animal, catch a hen or any other domestic fowl, and if the bite

be on the fingers or toes, let the fowl be opened behind the point of the breast bone, and the bitten part be placed among the warm entrails of the fowl. At the end of ten minutes, if possible, let a second fowl be ready and the first one thrown away. The second may remain fifteen minutes, and the third may remain as long as it keeps warm. The part may then be poulticed with finely pounded garlic, or fresh cow dung. As soon after the bite as possible let three pods of red pepper broken fine, or a tea spoonful of cayenne, be put into a gill of whisky or brandy and given to the patient to drink, and repeated as frequently as the patient can bear. Where the fowls cannot be obtained in time, the part should be sucked and poulticed as above.

Washing the part with hartshorn (spirits of ammonia) and cupping, is good treatment. But spts. of ammonia and cupping instruments are not always at hand in places where snake bites are most likely to occur.—An excellent poultice for any poisoned wound is made thus: Take new milk and fresh honey, equal parts; and thicken with flour of slippery elm. The blue, or Indigo bag out of a dye pot, is said to be an excellent remedy for snake bites.

The sting of insects may be washed with spirits of ammonia, or salt and water, and poulticed with any of the above poultices. If the sting occur in the woods where the above are not at hand, chew the green leaves of sassafras and apply.

## MORTIFICATION.

(*Sphacelus.*)

### CHARACTER.

Wounds, as has already been intimated, sometimes terminate in mortification; which, in plain terms, means the death of a part of the body. Systematic writers on Surgery have divided it into several varieties; viz; 1. Hot, acute, or inflammatory. 2. Cold, or that which occurs without previous inflammation. 3. Humid, or that accompanied with the effusion of a fluid. 4. Dry or that which is not accompanied with the effusion of a fluid; chiefly confined to old persons. 5. Chronic, chiefly attacking the extremities. 6. Hospital gangrene, occurring where the air is corrupted by crowding too many sick or wounded persons together. Such a division may be useful, to give the reader an idea of the various forms in which mortification may appear; but we deem it unnecessary to give them a separate consideration.

### CAUSES.

Any cause which produces an entire or partial cessation of the circulation in a part, which may result from a high state of inflammation, mechanical obstruction, extreme debility &c., or may arise from bruises; extreme heat, or cold; mineral acids; caustick alkalies; from the poison of reptiles; as snakes &c; putrid animal fluids; unwholesome diet; want of exercise and fresh air &c.

Gangrene, which is the first stage of mortification, is indicated by the part assuming a dirty yellow colour, and gradually changes from that to a dark green. The pain and sensibility of the part become suddenly diminished; the outside or scarf skin rubs off readily under the finger, below which a dirty looking fluid is to be found; the heat, and swelling, suddenly subside; and a slight crackling noise may be heard by pressing the finger over the decayed part, caused by a gas which is generated under the skin. As the disease advances the part becomes darker, and the heat and sensation decrease until it is quite black and destitute of heat and sensation; which is called a state of mortification.

When the progress of mortification is checked, whether by means of remedies, or the unaided powers of the system itself, a boundary line is formed between the living and dead part, "and nature proceeds to *amputate*, as it were, the portion which has lost its vitality, by a process termed *sloughing*.'

The effects produced upon the system by mortification depend upon the part involved. If the organ destroyed be vital, or essential to life, death will be the necessary consequence; but, if the part affected is not vital sloughing may take place and the individual recover.

We should be careful in forming an opinion, both in regard to the nature, and extent of the disease. The color of the skin may be changed from other causes, or the skin alone

may be affected by the disease, when the whole limb will appear to be involved.

“In dysentery, inflammation of the bowels, &c., where mortification is about to take place, there will be a cessation of pain and fever; the pulse becomes small, weak and irregular; the face assumes a cadaverous, or deathlike appearance; the extremities become cold, with a cold clammy sweat over the whole body.” The tongue becomes cleaner and assumes a glossy appearance; and the patient either becomes very restless without pain or any other apparent cause; or sleepy and stupid, with symptoms of extreme debility.

### TREATMENT.

The treatment must be applied early, while in a state of gangrene, if we expect to save the affected part. After the cause has been ascertained, let it be removed as quick as possible. If caused by inflammation, reduce the inflammation by the means recommended under that head. When caused by mechanical obstruction of the circulation, the obstruction must be removed. When extreme cold is the cause, the part should be placed in the coldest water that can be procured and the warmth very gradually increased up to the natural temperature. During this time it should be lightly but steadily rubbed by the hand of an assistant. The part should then be bathed with the best No. 6, and wrapped in cloth, kept constantly wet with the same, or poulticed with lye thickened with powdered slippery elm.

The treatment should be varied to suit the case,

but as a local application few articles will be found equal to lye thickened with the flour of slippery elm, to which yeast may be added; and every time the poultice is changed wash the part with No. 6. A poultice made of boiled carrots is recommended by high authority.

The constitution must be supported by tonics and stimulants, and the diet should be as nourishing as the nature of the case will admit. Mortification seldom, if ever, takes place where the medicines employed have been sufficiently stimulating.

When mortification is likely to result from dysentery or inflammation of the bowels, yeast and charcoal should be given in table spoonful doses, every hour, or half hour, according to the urgency of the case. The feet should be bathed with the hottest preparation of cayenne and wrapped in flannel cloths wet with vinegar and water, and a hot stone, or jug of hot water, applied to keep them as warm as the patient can bear. The carrot or elm poultice, as above mentioned, should be applied to the bowels, as warm as can be borne, and changed before it cools. Every time the poultice is changed, the bowels must be washed with the best No. 6., and the poultice quickly applied with as little exposure as possible.

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## LOCKED-JAW.

(*Tetanus.*)

## CHARACTER.

This affection is characterized by an involun-

tary and continued contraction of the muscles of the body ; principally affecting the muscles of the jaw, and hence called lock-jaw.

### CAUSES.

This disease sometimes arises as a consequence of wounds : more especially from punctured wounds, in consequence of the partial division of a tendon or nerve. The disease sometimes occurs where no previous injury has been received, and without any well understood cause.—Sudden atmospheric changes is the most common cause of this form of the disease, which is almost exclusively confined to southern latitudes.

### SYMPTOMS.

It usually commences with stiffness in the back of the neck, which gradually increases to a pain, and renders the affected part entirely immovable. It extends to the root of the tongue and affects the parts concerned in swallowing, then attacks the front of the chest, and lastly seizes the back : spasms then arise in the stiffened parts, occasioning such excruciating pain, that death is often wished for, even by the spectators. The pain and cramps, sometimes abate for a few minutes, but only to be renewed with increased violence from the most trifling causes. The jaws are so firmly closed that nothing can be introduced into the mouth ; and at last the muscles are so generally contracted as to produce the most frightful

deformity. None are exempt from its attacks, but it usually selects for its victims the strong and robust.

## TREATMENT.

When this affection arises from a wound or injury of any kind, we should examine the condition of the part, and if there be no discharge, or it be of an unhealthy character, we must use the necessary means to restore it to a healthy condition. To bathe the part in lye as hot as can be borne, for fifteen or twenty minutes, then apply the slippery elm poultice, will be found highly beneficial. In the meantime the patient must take a tea-spoonful of the 3d preparation of lobelia, or of tincture of lobelia, and tincture of cayenne, mixed equal quantities, to be taken every ten minutes till relief is afforded, but if neither be at hand a tea may be made by pouring a gill of warm water on pulverized lobelia seed and cayenne, a tea-spoonful of each, and given in the same way.

Whilst these things are doing, preparations should be made, and the patient carried through a course of medicine, with as little delay as possible. In conclusion, we would give it as our honest conviction, that if the principles of botanic practice were strictly adhered to in the treatment of wounds, obstructed perspiration, and other causes out of which these affections grow, we should never have occasion to treat either mortification or locked-jaw.

## DISLOCATIONS AND BROKEN BONES. (*Luxations and Fractures.*)

A great share of the pain and difficulty of reducing fractures and dislocations may be obviated by properly relaxing the parts, before the attempt is made. The most successful mode of accomplishing this object is to wrap the part, for some distance both above and below the injury, with several folds of linen or muslin; and pour on warm water, holding a basin under, to catch the water; at the same time give the patient of lobelia tincture, a tea-spoonful every five minutes, until he complains of being sick. The cloth must then be taken off, and the bone or joint reduced to its proper place, with as little delay as possible, by some skillful hand. During the operation of setting, the limb should be bent, at the joint, to an angle of about forty five degrees from its straight position, in order still more to relax the muscles. Those who adopt this mode of reducing dislocations and fractures, will never relinquish it for the old plan of pulling the limb, till the contractile power of the muscles are overcome by main strength.

To give directions for reducing the various dislocations and fractures, as laid down in works on surgery, would be incompatible with both the limits, and design of the present work; for we are far from recommending to the inexperienced and uninstructed that kind of practice which often embarrasses the most skillful and experienced. In many plain and simple cases, however any man of sense may be successful.

“An ulcer is an injury done to the flesh from various causes, and from which matter issues, with more or less pain and inflammation. It may arise from any source that occasions inflammation, or corrupts the fluids; as fever, scrofula, the venereal disease, retention of acrid humours, cold,” external violence, &c.

### TREATMENT.

The treatment must be varied to suit the kind and condition of the ulcer, as well as the constitutional condition, or general health of the patient. When the patient is weak, or the health otherwise deranged, it is not to be expected that an ulcer or sore of any kind will heal readily. In such cases we must attend to the general health, and restore it by appropriate means; after which, the ulcer must be treated on general principles. When the ulcerated part is inflamed, a slippery elm or flaxseed poultice, with other soothing applications, must be applied; and afterwards dressed with the basilicon ointment, or healing salve. When the ulcer is found to be sluggish and inactive, without any disposition to heal, besides the constitutional treatment above recommended, let the part be carefully washed two or three times a day with rain water and castile soap, and then, with the best tincture of myrrh or No. 6, and dressed with the healing salve. Should there be a deep ulcer, extending some distance under the skin, a small syringe is to be used for introducing the wash and tincture; otherwise, they will not reach the bot-

tom of the ulcer. Weak lye may be used alternately with the tincture. See scrofula.

“*Fungus Flesh, Cancer &c.*—The pulverized blood root is a good escarotic (destroyer of flesh.) I lately removed a fleshy excrescence of the eye by applying a little to it daily, by means of soft muslin moistened with water.—Dr. Beach.

Dr. Stewart, uses it as follows: Extract the clear juice of blood root by pounding and pressing; then reduce it to the consistence of salve by the heat of embers or in the sun. Says he ‘This simple salve will kill the fungus part of a sore cancer, faster than any medicine I am master of; and the patient may sleep the meanwhile.’”

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## PILES.

(*Hæmorrhoids.*)

## CHARACTER.

Piles consist in small tumours situated at the lower extremity of the bowel, or fundament.—There are two varieties: the one is an unnaturally enlarged or distended state of the veins within the extremity of the bowel: the other consists of fleshy tumours which are external.

## CAUSES.

Costiveness, and too lax a state of the bowels, are alike calculated to produce this disease.—The use of aloes as a physic: the intemperate use of spirituous liquors: much riding: cold: sitting on the cold or damp ground, &c.

Usually the first symptom of piles is an uneasy sensation about the extremity of the bowel ; especially when anything passes the bowels. A small tumour is perceived at the end of the bowel, and a short distance up, which in discharging the bowels, is forced down. Or if the tumours consist of an enlargement of the bloodvessels within the bowel, they bleed frequently, especially at the time, and for a short time after the bowels are moved. As the disease advances, the bleeding becomes more troublesome and debilitating.

In the other variety, which does not bleed, sometimes called blind piles, the tumour or tumours become more and more enlarged and painful ; and the patient rides on horseback or sits on a hard seat with great difficulty.

The disease is frequently attended with lightness or pain in the head, pain in the back and lower part of the abdomen, with wind in the bowels, and a variety of untold miseries.

### TREATMENT.

The most important thing, both in the treatment and prevention of piles, is to keep the bowels regular, not by physic ; for all kinds of physic, especially aloes, are calculated to produce and aggravate the disease. The diet, habits, and exercise of the patient should be such as to answer this purpose without resorting to the sickly operations of art. But where we must use artificial means, the patient may take a table-spoonful of pulverized charcoal every four hours, in water, sweetened if most palatable, or in molasses ; or

twice the quantity of wheat bran may be taken in the same way: See Costiveness. Having regulated the bowels by exercise, kneading the bowels; diet, as rye mush and molasses, (which alone have cured some cases) corn bread, bran bread, mild laxatives, and soothing injections &c. then let the pile ointment be applied two or three times a day.

Should there be much bleeding, the following injection may be used: Make a strong decoction of white oak bark, to a pint of which, add sage and bayberry half an ounce each, pulverized alum one tea-spoonful; put all in a tea pot or some covered vessel and set in a hot place till the strength is extracted; then strain and inject, and repeat as the case may demand: meanwhile the patient must take a tea of the neutralizing mixture, in table spoonful doses, every hour; and live exclusively on boiled sweet milk thickened with wheat flour (milk pap) sweetened with loaf sugar, if most palatable.

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### VENEREAL DISEASE.

(*Syphilis—Lues Venerea.*)

\*The disease that is called by this name is more common in seaports than in the country, because there is a more promiscuous and illicit *intercourse* of the sexes than in other places. It is a very high state of canker and putrifaction, which takes hold of the glands of those parts that are first affected with it; and if not checked, the whole system becomes affected with the venereal taint. It is more common among seafaring men, because of their be-

ing long absent at sea, and on coming on shore they give free scope to their passions, without being very scrupulous about the manner of their indulgence. "It probably originates with those common women who have connection with many different men, and going beyond the impulse of nature, this impure connection causes uncleanness, which produces the disease, and when seated is contagious.

The reason why this disease causes so much fright and alarm is owing to two causes: the first is the disgrace that is attached to the dishonesty in getting it: and the other is the manner in which it has generally been treated, in giving mercury to cure it, the remedy becomes worse than the disease. That this disorder cannot be cured by any other means, is altogether an error: for I have cured a number of cases by very simple means.

The first symptoms felt is a scalding sensation and pain when voiding the urine; and within twenty four hours after this is experienced, it may be cured in that time, by applying cold water and making use of the rheumatic drops, (No. 6;) if there is much soreness, make use of the tea of No. 3, with the drops in it, which must be taken as well as applied to the parts two or three times a day. If the disease has been of long standing and the whole system has become affected, the patient must be carried through a course of medicine. Where there has been mercury made use of, and there is all the attendant consequences of such treatment, it is much more difficult to effect a cure; and it is only done by a full course of medicine;

and repeating it a number of times; raising the heat each time as high as he can bear, to throw out the mercury and remove the canker, at the same time applying the poultice; then give bitters to correct the bile." Thompson. In addition to the above take one pint of Holland gin, to which add one & half ounce of gumguaiacum pulverized; of this a gill is to be taken three times a day on an empty stomach.

Prevention is better than cure in this disease.

"When sinners entice thee, consent thou not."

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### WHITE SWELLING.

"This is a most dreadful disease and is usually seated in the knee joint, though sometimes in the ankle, wrist or elbow. It takes its name from there being no inflammation or discoloration of the skin which covers the swelling, and seems to be a complaint partaking of the nature of both scrofula and rheumatism; and may often be said to unite the horrors of both. The disease in fact, is distinguished by authors into two kinds, the rheumatic, and the scrofulous, as it shows symptoms of one or other of these affections.—In the rheumatic species of white swelling, which is its mildest form, an acute pain is felt extending over the whole joint, and sometimes along the muscles which are connected with it. A swelling of the part also, at the same time, commences, which in different patients progresses with different degrees of rapidity; but the joint is always sufficiently swollen to cause a perceptible difference of size between it and the

corresponding one of the sound limb. The skin which surrounds the swelling generally becomes considerably tense; but there is scarcely ever any discoloration of it at this stage of the disease. Any motion of the joint causes considerable pain; and a bent position of the limb being found easiest, the patient generally suffers it to become stiff in that form.

In that variety of the disease called scrofulous, the pain at the commencement is more sharp and confined to a particular point, most frequently in the very centre of the joint; but the swelling is not so great as in the rheumatic species. An increase of pain, on motion, and stiffness of the joint take place in this as in the other variety; and as the disorder advances, the pains increase in violence and the swelling becomes more considerable; the ends of the bones appear to partake of the disease, and also become enlarged." The constitution usually suffers very much in this disease, and the general health rapidly declines.

### TREATMENT.

When the pain is first felt in the joint, let it and the limb, for some distance both above and below, be well bathed with cayenne and vinegar as strong as possible; then steam it over bitter herbs boiled in vinegar and water; or if steaming be inconvenient, the limb may be wrapped in flannel and the liquid poured on as warm as can conveniently be borne. After steaming or fomenting the part for twenty minutes, apply a poultice of vinegar and yellow clay.

The steaming &c. to be repeated as often as the case may require. This will usually put it back if applied in time; but when it is so far advanced that it cannot be scattered or put back, and it is desirable to favour suppuration or hasten the formation of matter, instead of the clay poultice, apply the following, viz: Take salt, honey or molasses, and soft soap, a table spoonful each, to which add one egg; beat all together and thicken with rye meal, or wheat flour will answer. These articles must not be heated but made cool, and when spread may be held to the fire till pleasantly warm. When matter is formed it may be opened and treated as directed for other ulcers: not forgetting to syringe with tincture of myrrh and weak lye alternately, and keep it open, when the opening is small, by introducing a small cord of twisted flax, called a tent, which must be well smeared with salve before it is introduced.

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## RETENTION OR SUPPRESSION OF URINE.

¶ A partial or entire inability to make water may arise from gravel, inflammation of the bladder, cold, and the swelling of any part which obstructs the water course. As the urine accumulates in the bladder, the most excruciating pain is produced, which may terminate in inflammation, mortification and death.

## TREATMENT.

Let the patient sit over the steam of bitter herbs, or in a tub of warmwater, and drink freely

of penny royal tea; parsely, dandelion. pumpkin seeds, or horse-radish may be made into tea and drank; horse radish scraped or grated into vinegar is still better; of which a table-spoonful may be taken every half hour. A cloth wrung out of hot water, or decoction of bitter herbs, should at the same time, be applied to the lower part of the abdomen. Should these all fail, the catheter must be introduced and the water drawn off by some person of skill.

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## GRAVEL OR STONE.

(*Lithia Renalis.*)

### CHARACTER.

By gravel we mean a disease which is formed by small concretions, like sand or gravel, which form in the kidneys, pass along the ureters or water course to the bladder, and are expelled with the urine. These concretions or sand-like matter settles to the bottom of the vessel after the urine stands a short time. When they are so large that they cannot be passed with the urine the complaint is called stone, which being only a variety of the same complaint, we deem unnecessary to treat separately from gravel.

### CAUSES.

The causes which produce, or give rise to the formation of calculi or stone, is supposed to be an acid in the urine, called uric acid. Men are more subject to this disease than women. The intem-

perate, and those who lead an indolent inactive life are more frequently afflicted with this disease than the temperate and industrious. It is more common in northern latitudes than in the south.

### SYMPTOMS.

Gravel is attended with pain in the loins or small of the back, with sickness and vomiting. When gravel is passing from the kidneys to the bladder, it often occasions very severe pain, proportionate to the size and form of the stone.—“When a stone happens to be too large to pass off from the bladder with the urine, it gradually enlarges and forms the disease called stone. When the piece is smooth and round, it is scarcely perceived by the patient, till from its weight and magnitude it becomes troublesome, producing, beside pain in the part, numbness in the thighs, and spasms in the calves of the legs, probably from its pressure on the nerves leading to those parts. When the surface of the stone is rough and of an irregular form, the sufferings of the patient are often very severe, attended with a slimy discharge in the urine, and not unfrequently a quantity of blood; and from the irritation of the inner coat of the bladder, a frequent inclination to make water and go to stool.”

### TREATMENT.

In treating this disease our first object should be to correct that state of the system which favours the formation and deposit of gravel. This must

be done by one or more courses of medicine, followed by the wine bitters, laxative bitters, or some other stimulating tonic, and a free use of alkaline preparations; such as Saleratus, pearl-ash, soda, clean hickory ashes, in such quantity as the stomach can bear. A tea of wild carrot seed is highly recommended for this disease, but requires to be used a long time. During a fit of the gravel, when the pain is severe the patient should sit over the steam of bitter herbs, boiled in vinegar and water, as directed for suppression of urine, with a blanket tied round the waist to confine the steam to the painful parts. The steam must be raised by putting a hot stone or brick into the decoction, which must be placed in some suitable vessel under the blanket; when too hot raise the blanket to admit the air.

Four ounces of green spearmint may be put in a quart of Holland gin and a table spoonful taken every four hours, and when the pain is severe the mucilage of slippery elm may be taken freely with benefit.

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### FELON OR WHITLOW.

This consists in an inflammation of the lining membrane of the bone called periostium. It usually occurs on the fingers, thumb, hand, and sometimes on the toes. The pain is deep seated and very severe, attended with sharp stinging pains, throbbing, swelling &c.

### TREATMENT.

Hold the affected part in strong lye, as hot as

can be borne, from five to ten minutes at a time; to be repeated as often as the pain returns. This if taken in time; that is, when the pain is first felt, will usually put an end to the disease. But should the pain continue to return, thicken the lye with flour of slippery elm, and apply as a poultice. Every time the poultice is changed, which should not be less than three times a day, let it be held in the lye again.

When this fails, Dr. Beach recommends steaming the head or feet, as the case may be, "over a decoction of bitter herbs, consisting of catnip, wormwood, hoarhound, tansy, and hops. A handful of each is boiled down till the strength is extracted, then a small quantity of soap should be added, and the whole thrown into a small vessel, the hand placed over it, and the steam retained by means of a blanket, or piece of flannel thrown over it. The steaming must be continued fifteen or twenty minutes or as long as the patient can bear; and if there is not sufficient heat to produce perspiration, let a hot brick or stone be thrown into the decoction. This process should be repeated every time it becomes painful." The same decoction of herbs will answer for several steamings.

When the disease still lingers, it is evident that matter is forming, it will be best to apply a drawing poultice until a white spot appears in the skin, caused by the matter approaching the surface, when a puncture should be made for its escape.

## CHILBLAIN AND FROSTBITES.

Inflammatory purple or lead coloured swellings frequently appear on the heels, feet and toes called chilblains, which are attended with a burning or stinging pain and an intolerable itching.

### CAUSES.

Sudden changes from cold to heat are among the most common causes. When the hands or feet are benumbed by cold and suddenly brought to the fire, the expansion of the vessels is so sudden as to produce the irritation in question, that is, chilblains. They may be prevented by keeping the feet dry and warm; or when cold, approaching the fire gradually.

### TREATMENT.

When a part is frost bitten, by long exposure to cold, let it first be rubbed a minute with snow or pounded ice, then with the coldest water for about ten minutes, and lastly with best No. 6.

Chilblains may be treated in the same way, to be repeated every night and morning till well.

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## TIC DOULOUREUX, OR NERVOUS PAINS OF THE FACE &c.

(*Neuralgia.*)

This is a most painful affection. Its usual location is in some part of the face or head. Its attacks are sudden, and commence with sharp pains

shooting from the forehead, eyebrows, cheek, or teeth, and attended with twitchings of the muscles. The pain as it shoots along the affected nerve may be compared to a heated needle darting through the flesh. It occurs in paroxysms fits, or with intervals of ease. There is generally neither redness nor swelling in the part affected.

### TREATMENT.

First attend to the general health; cleanse the stomach, regulate the bowels and give tonics or strengthening medicines; then pour cold water on the affected part from the pipe of a coffee pot every morning. At first the water should fall not more than two feet; the height being gradually increased. Should this fail a full course of medicine should be tried; and repeated if benefit results therefrom; between the courses the part should be bathed with the 3d preparation of lobelia, and the same taken inwardly, as much as the stomach will bear. It is often a very stubborn disease.

“AGUE IN THE FACE, OR PAINS IN THE JAWS. The jaws, teeth, and face frequently become swollen and painful, proceeding from cold, which is by some called “ague in the face.”

### TREATMENT.

Boil vinegar and water in a tea-kettle, cover the mouth of the kettle with a sod of grass, with a small hole in the centre, set it on a lap board on

the patient's knee; cover the head with a blanket to retain the steam about the face. The steam may be increased, if necessary by dropping a hot stone into the kettle. After sweating in this way, for fifteen or twenty minutes, introduce a piece of cotton or lint between the cheek and gums, previously wet in No. 6, and rolled in cayenne; and apply on the outside the grounds of No. 6, as a poultice."

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## TOOTH-ACHE.

(*Odontalgia*.)

This disease may arise from a variety of causes, affecting the pulp or nerve of the tooth. It generally arises from decay of the tooth, which exposes the pulp to the action of the air, and the irritation of various substances which come in contact with it in the act of chewing. The nerve becoming inflamed attempts to swell, but being prevented by the surrounding tooth from expanding, the nerve is pressed by the engorged vessels, giving rise to the pain called tooth-ache.

## TREATMENT.

Dip lint or cotton in the tooth-drops, and introduce it into the cavity of the tooth; or dip the lint into No. 6., and then roll it in cayenne and introduce it into the tooth, or on the gum over the affected tooth. Oil of cloves, or oil of summer-savory may be applied on lint as above.—Should these fail, steam and poultice the face as directed for Ague in the face.

Sometimes tooth-ache and pains in the face assume the character of rheumatism, and is attended with a determination of blood to the head, is worst at night, and is increased by lying down, especially with the head low. In such cases the pain will not yield to the usual remedies. The best treatment here, is to bathe the feet frequently, take one or two active doses of physic, and at the same time, abstain from food and all spirituous liquors, until the pain ceases, which will usually be within twenty four hours.

To prevent tooth ache, keep the teeth clean by washing them two or three times a day with cold water, and avoid taking very cold or hot articles of food or drink, into the mouth; they should never be more than blood warm, nor so cold as to feel unpleasant to the teeth. Observe this for the stomach's sake, as well as the teeth's.

## CORNŌ.

These are hard knots or tumours that grow upon the joints of the toes or sides of the feet.—They are caused by wearing hard or tight shoes or boots: and sometimes they become very troublesome and painful.

## TREATMENT.

Let the feet be bathed in weak lye, as warm as can be borne, for twenty or thirty minutes, then pare or scrape the corn down as low as possible: to scrape it off with a dull knife is better for this

purpose than a sharp instrument, This is to be repeated twice a week. Between times let the feet be bathed at night with cold water; at the same time wear shoes that will be entirely easy to the feet, otherwise you will raise more corns than you can cure.

Or after bathing and paring, apply the drawing poultice, and let it remain over night, to be repeated if necessary: this is a quicker mode than the above.

Dr. Thompson recommends, after bathing and paring as above, to apply a narrow strip of bladder or suet skin eight or ten inches long, rubbed till it is soft, and dipped in "rattlesnake oil or nerve ointment," and kept on till worn out, to be repeated till cured. Some other animal oil, we presume, would answer as well as rattlesnake oil. Better to avoid them by leaving our feet in the shape they were made.

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## POISONS.

By a poison we understand any substance, which, when applied to a living body, proves destructive or injurious. Poisons are to be found in the three kingdoms of nature, animal, vegetable, and mineral. *Animal Poisons* have already been treated of under the dead of poisoned wounds.—Vegetable and mineral poisons remain to be spoken of.

Poisons have been variously divided by systematic writers; but as we aim at usefulness rather than system, we will not follow them, but shall

proceed to group together such as produce similar effects upon the system, and require the same, or nearly the same treatment.

It is highly important that every one should be acquainted with the means to be employed where poison has been taken, either by accident or for criminal purposes, as useful lives may frequently be saved by a few simple remedies employed in time: whereas a few hours, or even a few minutes delay may render the case hopeless even under the most skilful treatment.

Whenever there is just reason for believing that a person has taken poison, and the kind of poison is unknown, without waiting to investigate the case, let the following means be immediately resorted to; which will not do injury in any case, and may save the patient's life before other means can be obtained.

Swallow as quick as possible half a dozen raw eggs; a quart of sweet milk, or cream; with pulverized slippery elm in it, if in reach. Or the same quantity of slippery elm or starch in water. If it comes up, or excites vomiting, repeat it immediately and keep up the vomiting if possible; *drink for dear life.*

As soon as it can be procured, enough of lobelia tincture or lobelia tea must be taken to excite vomiting;—a gill of the tincture or strong tea may be given every five minutes till it operates freely. If the lobelia cannot be had take a table spoonful of mustard seed or a gill of salt and water; and without waiting for their operation drink of the above articles or warm water as much as can be

swallowed. If vomiting does not occur immediately, drink a gill or more of lamp oil.

After the stomach has been well cleansed, give mild injections of slippery elm, starch, &c. freely, with a dose of castor oil or sweet oil by the mouth: also, give mucilage of elm, or gum arabic to drink; and afterwards treat the case like inflammation of the bowels.

But to be more particular, and as the same treatment is not equally adapted to the different kinds of poisons, we shall give the most prominent symptoms produced by the different articles of poisons, with the antidotes and treatments.

ALCOHOL including *brandy, whiskey, rum, wines,* and *all spiritous liquors.*

### SYMPTOMS.

Intoxication, and when taken in very large quantities, complete insensibility, apoplexy, or paralysis.

The face is swelled and of a dark red colour; the eyes red, the breathing difficult, and often loud and snoring; the breath has the peculiar smell of the liquor, which is the distinguishing symptom between this and other varieties of apoplexy.

### TREATMENT.

The patient should be placed as erect as the nature of the case will admit, and the head and back of the neck poured with cold water until they are moderately cold, and if the feet and

hands are cool they must, at the same time, be placed in warm water; and **as** soon as he is capable of swallowing let him drink freely of warm sweet milk; for an adult several pints will not be too much, and if this does not excite vomiting, give salt and warm water until that desirable effect is produced. The after treatment may be the same as for any other fever; *fasting and prayer is not bad.*

ARSENIC and its preparations; **YELLOW SULPHURET** of arsenic or **Orpiment**; **KING'S YELLOW**, **RED Sulphuret** or *Realgar*, *fly Powder*, *Fowlers Solution* *Sheel's green*, &c.

### SYMPTOMS.

Violent burning pain in the stomach and bowels, with tenderness or pressure; sense of dryness and tightness in the throat; sickness and vomiting of a greenish or yellow matter, sometimes streaked with blood; hoarseness and difficulty of speaking; thirst; looseness of the bowels, with frequent desire to go to stool and bearing down pains in the bowels; making water difficult and painful, and sometimes it is entirely stopped; convulsions and cramps; cold sweats, countenance shrunk; eyes red and sparkling; delirium, and death.

### TREATMENT

The hydrated sesquioxide of iron, it is said, destroys its effects upon the system; and **Fowlers solution** is neutralized by lime water. But as these

are not always at hand, if they cannot be procured without too much loss of time, the patient must take, without delay, some speedy emetic, such as tincture of lobelia or mustard seed, and drink freely of the whites of eggs in water, mucilage of slippery elm, pulverized elm, loaf sugar and sweet milk, flaxseed tea, starch, flour and warm water, &c. After the emetic, a dose of sweet oil, with injections and fomentations to the bowels may be administered as directed at the head of this chapter.

ANTIMONY and its preparations *Tartar Emetic*, *muriate*, or *Batter of Antimony*, *Oxide of Antimony* &c.

### SYMPTOMS.

Burning pain in the pit of the stomach, purging, colicky pains, sense of tightness in the throat, violent cramps and repeated returns of vomiting.

### TREATMENT.

When vomiting has not yet occurred it must be encouraged by drinking freely of warm water, dog wood, or chamomile tea, and tickling the throat with the finger or a feather. Astringent infusions must then be made; thus, take peruvian bark or oak bark one ounce, or pulverized nut gall half an ounce, to which add half a pint of boiling water: let it stand where it will keep hot, fifteen or twenty minutes; then give a table spoonful every ten minutes till relief is obtained. The bark may be taken in substance until the infusion can be prepared.

ACIDS; *Acetic acid, Citric acid, Muriatic acid, Nitric acid or aqua fortis, Sulphuric acid or oil of vitriol, tartaric acid, and oxalic acid.*

### SYMPTOMS.

Sour sharp taste, burning in the throat, which is increased by pressure, swallowing, coughing; belching of wind, and excruciating pain in the stomach. The countenance becomes glazey, the extremities cold and clammy; convulsions and death. Sulphuric acid produces dark stains, and Nitric acid, or aqua fortis, yellow stains.

### TREATMENT.

Give a tea-spoonful of soda, Saleratus or a table spoonful of Chalk, or magnesia. Any of these articles may be given, except for Nitric acid, that is, aqua fortis, or oxalic acid; for which chalk and magnesia only can be employed with safety.

In case of sulphuric acid, sometimes called oil of vitriol, the patient should avoid drinking water.

Ammonia is an antidote for the acids, but should not be employed in too strong or concentrated a form. Cold water poured upon the head has been recommended in such cases.

*Alkalies and their salts, viz., Strong Liquor, or Water of Ammonia, called Aqua Ammonia; Muriate of Ammonia or Sal Ammonia; Potassa; Cautic Potash, and Liquor Potassa, Carbonate of Potash or Pearlash; Salts of Tartar; Nitrate of Potassa or Saltpetre; Sulphuret of, or Liver of Sulphur, and Soda.*

Violent caustic, or sharp biting taste; great heat in the throat, with destruction of its lining membrane; difficult and painful swallowing; vomiting of bloody matter, sharp pain in the stomach; violent colic pains; cold sweats; purging of bloody stools; and flakes of membrane;—death.

Liver of Sulphur causes the patient to belch up sulphureted hydrogen, which smells much like rotten eggs.

## TREATMENT.

The vegetable acids, such as vinegar, lemon juice, citric and tartaric acid, dissolved in water, destroy the effects of the alkalies and their carbonates.

The fixed oils, such as sweet oil, castor oil, flaxseed oil &c., also destroy their effects by uniting with them and forming soaps.

For saltpetre, give mucilages &c., as recommended for arsenic.

Liver of Sulphur, or sulphuret of potassa is decomposed and neutralized by common salt, and also by the liquid chloride of soda.

*Bismuth and its preparations.*—*Nitrate of—* Pearl Powder; *Copper and its combinations;* *Sulphate of Blue Vitriol;* *Acetate of Copper,* Verdigris, *Arsenite of Sheel's Green,* Food cooked in dirty copper, or pickles made green by copper.

## SYMPTOMS.

Similar to those produced by arsenic; metallic

or coppery taste, vomitings, cramps, convulsions; delirium, palsy, and death.

### TREATMENT.

The same as for arsenic.

*Earths and Compounds.* Baryta; Carbonate of, &c., and Lime.

### SYMPTOMS.

Violent burning in the stomach, vomiting, gripes, diarrhœa; great debility, head-ache, convulsions and death.

### TREATMENT.

Glaubers Salts and Epsom Salts are good antidotes to all the poisonous salts of baryta. Phosphate of soda will also answer the same purpose.

*Lime* may be neutralized by diluted acids; as good vinegar, tartaric acid, dissolved in water, lemon juice, &c. The fixed oils, Sweet oil, Castor oil, Flaxseed oil, &c., may be used for either baryta or lime, when not in a compound state.

EMPYREUMATIC OILS; as *Creosote*; *Dippel's Animal oil*; *oil of tar*; *oil of tobacco*; and *oil of turpentine*.

### SYMPTOMS.

General action much the same as other irritating poisons: Burning pain in the stomach, throat &c; vomiting, purging; sharp biting taste &c.; the oils of turpentine and tobacco affect the nerves; the peculiar smell of each oil, will be manifested in the matter vomited,

Creosote may be immediately rendered harmless by taking the white of eggs and new milk.

*Dippel's animal oil* may be counteracted by the diluted acids, and fixed oils; as above: the effects of the other oils must be counteracted by mucilaginous drinks; as new milk with pulverized slippery elm and loaf sugar, starch, flour and warm water, vomits &c; as directed at the commencement of this chapter.

**GASSES:** *Carbonic Acid or Fixed Air; Carbonic oxide: Fumes of Burning Charcoal; Chlorine; and Sulphuretted Hydrogen.*

### SYMPTOMS.

Chlorine, when breathed into the lungs, causes violent irritation of the organs concerned in breathing; lungs, windpipe, &c., spitting of blood, and permanent diseases of the lungs. The other gasses, Carbonic acid &c. although producing some effect on the breathing organs, act as poisons in consequence of their sedative or depressing agency. The symptoms, therefore, are like those of apoplexy or the effects of opium.

### TREATMENT.

For chlorine let the patient cautiously breathe the fumes or vapour of ammonia or sulphuretted hydrogen; not so strong or held so close as to strangle him. For the other gasses pour cold water on the head, and treat any inflammatory symptoms that may arise on general principles.

IODINE causes burning pain in the throat and stomach; fruitless efforts to vomit; redness and swelling of the eyes; with extreme pain and tenderness about the pit of the stomach.

### TREATMENT.

Give starch, or flour in water freely.

LEAD and its COMPOUNDS: *Sugar of lead, white lead, Red lead, Litharge*, wines sweetened with lead; water that has stood in leaden vessels, sour food left in vessels glazed with lead.

### SYMPTOMS.

Pains and irritation of the stomach and bowels; with cramps. The nerves are so affected as to produce a partial or entire loss of one or more of the limbs. The bowels are very costive and the countenance anxious and gloomy, and if relief is not speedily afforded the most alarming symptoms and death will follow.

### TREATMENT.

Both Epsom and Glauber's salts are suitable remedies and may be taken in table spoonful doses, till relief is obtained.

MERCURY and its various preparations; CORROSIVE SUBLIMATE, NITRATE of—RED PRECIPITATE, WHITE PRECIPITATE, Suphate, or Furbith Mineral, Red Sulphuret, or Vermillion.

### SYMPTOMS.

Astringent metallic taste; burning pain in the

stomach; vomiting and purging; the discharges being often streaked with blood; pain and difficulty of making water; burning pain in the throat: the patient becomes drowsy, convulsions and death follow.

## TREATMENT.

White of eggs beaten with water, must be drank freely; or wheat flour may be beaten with milk and taken as a substitute. Any symptom of inflammation in the stomach or bowels must be treated as directed under these heads.

SILVER; NITRATE OF SILVER OR LUNAR CAUSTIC.

## SYMPTOMS.

The same as other irritating poisons.

## TREATMENT.

Common salt decomposes this substance and destroys its active properties; inflammatory symptoms to be treated as before directed.

TIN; MURIATE of TIN; Oxide of tin, or Putty powder; Solution of Tin used by dyers.

SYMPTOMS:—The same as other irritating poisons.

## TREATMENT.

Milk to be given in large and repeated draughts; and the treatment, afterwards, to be regulated according to the symptoms.

ZINC; OXIDE of ZINC, or White Vitriol; SULPHATE of ZINC; ACETATE of ZINC.

### SYMPTOMS.

Astringent taste, burning pain in stomach, vomiting; pale countenance; extremities cold, eyes dull and pulse fluttering.

### TREATMENT.

Carbonate of soda dissolved in water will decompose the Sulphate of Zinc or White Vitriol. Milk and the white of eggs are good antidotes, and should be drank freely.

### PHOSPHORUS.

#### SYMPTOMS.

Pain in the stomach and bowels, vomiting, purging, pain and tenderness in the abdomen.

#### TREATMENT.

An emetic to be immediately given, and large draughts of water containing magnesia; and mucilage of gum arabic and slippery elm is to be drank freely.

GLASS, and other hard substances reduced to powder.

#### SYMPTOMS.

If taken in coarse powder, produces irritation and inflammation of the stomach and bowels.

Large quantities of crumb bread should be eaten to envelope the particles; and an emetic given, and its operation promoted by drinking freely of some mucilage, such as gum arabic or slippery elm in warm water, flaxseed tea or flour in warm water.

In all cases of poisoning it will be prudent, while using the appropriate means, as above directed to send immediately for some skillful physician; whose council in relation to the subsequent treatment may at least be useful if not indispensable.

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#### FOREIGN SUBSTANCE IN THE THROAT.

When a pin, fish bone, or any other foreign substance sticks in the throat it should be removed as quickly as possible or death may be the immediate consequence.

Such things can frequently be removed from the throat by the fingers, even when they cannot be seen. The fingers should be introduced into the throat as far as possible, and will often succeed very unexpectedly. Where the fingers fail an emetic will sometimes succeed. A piece of sponge tied upon a wire or piece of whale bone, has been used very successfully; but, except in cases of absolute necessity, should never be introduced by any but the skillful and experienced.

## RICKETS.

(*Rachitis.*)

This disease is peculiar to children, especially those who are born of scrofulous parents.

It is characterized by crookedness of the long bones, crooked spine, large abdomen, and a large head. It is attended with general debility, leanness and indigestion; the flesh is soft and the bowels usually deranged. The joints enlarge and the bones are so soft that they are incapable of supporting the body.

## TREATMENT.

The same as for scrofula or Kings Evil.

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## ITCH.

(*Psora.*)

This is a contagious disease consisting of minute pimples which itch intolerably, and terminate in scabs. It principally occupies the spaces between the fingers, the wrists, backs of the hands &c. but seldom appears in the face. It appears to be caused by a small insect that lives in the skin.

## TREATMENT.

An ointment may be made by stewing yellow dock in fresh butter or lard, and applied whenever there is any itching, two or three times a day; or, apply the itch ointment in the same way. If the disease is of long standing, some gentle physic

should be taken once or twice a week, and the clothes and skin kept clean.

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### SPRAINS.

Sprains are often very painful, and the injured joint a long time in recovering its former strength.

### TREATMENT.

Make a poultice of yellow clay and vinegar, and apply round the joint: or take salt, soap, and molasses, a table spoonful each, thicken with rye meal and apply. Dr. Beach says, the best application is *wormwood leaves*, simmered in vinegar to extract the strength, with a little salt added, to be applied cold or warm, as agrees best; nothing sooner reduces the swelling.

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### BURNS AND SCALDS.

When any part is burned or scalded it should be immediately plunged into cold water and held there until it quits smarting; and if the part cannot conveniently be dipped in the water, apply a cloth, folded four times and wet in cold water, and change it as often as it becomes warm, or the pain returns. The water must be continued for several hours, or until the pain no longer returns when the water is withdrawn. When a burn or scald becomes inflamed, a poultice of slippery elm should be applied, and as soon as the inflammation is reduced, anoint it with seneca oil, or the heating salve until it heals.

## SELECT

### VEGETABLE MEDICINES.

It is no part of our design to give a general description of all the medicinal plants and herbs that have been discovered and used by mankind for the healing of their various and complicated maladies, nor yet all that have been usually retained as medicines in the popular works of the day. Our remedies, like our words, should be "few and well chosen;" for an inferior medicine, like an inferior physician, stands in the way of a better. These consist of roots, barks, medicinal plants, flowers and seeds.

### SEASON FOR GATHERING MEDICINES.

**Roots** should be gathered in the fall, after the tops are dead, or in the spring before they commence to grow.

**BARKS** should be collected in the spring as soon as the sap rises sufficiently to make them peel easily. The outer bark should be taken off, and the clean bark dried in the shade.

**MEDICINAL PLANTS** may be collected any time from they begin to blossom till the frost kills them; but the best time is when in full bloom. They should be cut in full bloom, and dried in the shade.

**FLOWERS** should be collected as soon as they are full blown, and not after they begin to fade; the rose especially should be taken before it is fully expanded, and dried in the shade. All flowers

and plants should be kept from air and light as far as possible; tin jars are best for this purpose.

SEEDS ought to be gathered as soon as ripe and kept dry and free from insects and mould.

### WORMWOOD.

(*Artemisia Abbrinthium.*)

This plant is a native of Europe, and grows in waste grounds and stony places in that country, and is cultivated in our gardens.

### PROPERTIES.

Wormwood is a powerful tonic, increasing the appetite and strengthening the digestive organs. It is given in dyspepsia and other diseases depending upon a debilitated state of the stomach. It is also given in fever and ague, and also to destroy worms.

The most common use made of it in this country is a fomentation for bruises and inflamed parts.

DOSE:—The fourth of a tea spoonful of the powdered herb, or a table spoonful of the strong tea.

### GUM ARABIC.

(*Acacia.*)

This gum exudes spontaneously from the trunk and branches of a tree found in various parts of Africa, and hardens in the sun. Sometimes incisions are made in the tree, in order to increase the quantity of gum.

### PROPERTIES.

Gum arabic is found in irregular lumps, which are hard, brittle, and may be reduced to a fine pow-

der: The best quality is clean and transparent. It is dissolved in water and used as a soothing drink, in inflammations of the stomach and bowels, for making pills, and other purposes where a mucilage is wanting. It dissolves readily in either hot or cold water, but not in alcohol, ether, or oil.

### ALOES.

(ALOE.)

This is the product of a plant which grows three or four feet high, and about four inches in diameter. The leaves are from one to two feet long, tapering to a point and of a beautiful dark green colour. There are several varieties of this plant. There are three kinds of aloes in commerce: the socotrine, the nepatic, and the horse aloes. The socotrine is the kind chiefly used by physicians and takes its name from the Island of Socotra.

### PROPERTIES.

Aloes is a warm stimulating purgative, acting with the greatest force upon the lower portion of the bowels; and hence should not be used by those afflicted with piles. Its peculiar stimulating qualities render it a valuable remedy in some female derangements.

Dose:—The medium dose as a purgative is 10 grains, but it is seldom given alone.

### CHAMOMILE.

(ANTHENIS NOBILIS.)

Chamomile is a native of England, but is cultivated in our gardens.

Chamomile flowers possess an aromatic smell and intensely bitter taste. They are used as all tonics to improve the appetite, strengthen the stomach, and the tea is also drank to promote vomiting, and in this way, is a common remedy for sick headache. The herb is frequently boiled and applied as a fomentation in cases of inflammation and indolent tumours. As a tonic the infusion made with cold water is better than the tea or decoction, for much of the medical virtues are lost by boiling. It yields its virtues to both water and spirits.

BUTTERFLY WEED, SILK WEED, PLEURISY ROOT.

(*Asclepias Tuberosa*.)

All this species of plants are milky, but this is less so than the rest. It may, however be readily distinguished by its bright orange colored flowers, which make their appearance in July and August. It usually grows in open uncultivated fields, on hillsides and on the banks of streams, where the soil is gravelly. The root lives in the ground several years, and is the part used in medicine.

PROPERTIES. It promotes perspiration and increases the discharge of urine. It is a popular remedy for pleurisy and wind colic, given in the form of teas; and is also put into syrups for diseases of the lungs.

BLACK SNAKE ROOT, RATTLE WEED, RATTLE.]

ROOT, BLACK COHOSH.]

Rattleweed grows from four to six feet high.

the blossoms are white and appear in July, succeeded by shells that contain the seeds, which become ripe in September. The root is black and has many prongs and small fibres, and lives in the ground from year to year.

This is a very common plant and grows in the open woods, on rich hill sides &c.

PROPERTIES: The root boiled in water and thickened with powdered slippery elm or rye meal, makes an excellent poultice to reduce inflammation; and the tincture, made by adding a pint of spirits to an ounce of the powdered root, is highly extolled as a remedy for chronic rheumatism.

DOSE. Half a tea spoonful of the tincture or strong tea, to be repeated and gradually increased as the stomach will bear.

SPIKENARD.

(*Aralia Racemosa.*)

This plant is found in almost every state in the Union. It grows in rich soils, in deep woods and shady hill sides, rises from three to five feet high, the leaves are small, numerous and oval, growing on long footstalks. The main stalk is the size of a man's thumb, and of a purple colour. Small bluish colored flowers appear on it in July, succeeded by small berries resembling those of elder, which ripen in September and October, and have a very pleasant, sweet, and aromatic taste. The root lives in the ground for many years.

PROPERTIES: The roots and berries are the parts used, and are valuable for coughs and diseases of the lungs. They may be substituted for sarsaparilla, and are said to be much more powerful.

## VIRGINIA SNAKE-ROOT.

(ARISTOLOCHIA SERPENTARIA, SERPENTARIA VIRGINIANA.)

The stem of this plant rises eight or ten inches high, is weak, crooked, and jointed. The leaves are long and heart shaped at the base. The root consists of many small fibres growing from one common head, and are of a dark yellow color when fresh, and become darker when dried: they live in the ground many years.

Snake-root is found in rich soil, in shady situation, throughout greater part of the United States.

PROPERTIES. The root has a pleasant aromatic smell resembling that of spicewood root, with which it is sometimes adulterated. It has a warm biting, bitter taste, and in many of its properties resembles valerian. The tea is well calculated to promote perspiration, and is highly beneficial in different kinds of fevers; and the cold infusion is an excellent tonic.

CAYENNE PEPPER, AFRICAN BIRD PEPPER, RED PEPPER,  
(*Capsicum Annuum*.)

This is a natural product of southern climates, and is found in great perfection in some parts of Africa, South America, and the West Indies. Several varieties of it cultivated in our gardens, but are greatly inferior to that produced in hot climates. Lives but one year.

PROPERTIES. Cayenne is one of the most powerful stimulants ever used in medicine; and may be advantageously employed wherever a powerful stimulant is wanting. It yields its virtues to

both alcohol and water, and may be used either in the form of tincture, tea, or powder.

Dose. Half a teaspoonful of the powder in molasses, a tea-spoonful of the tincture, in sweetened water, or a table-spoonful of the tea may be given to an adult, and repeated as the case may demand.

#### JALAP.

(*Convolvulus Jalapa.*)

This plant is a native of Mexico and is brought to us from the port of Vera Cruz.

The stem is round and smooth and rises to a considerable height, twining about surrounding objects. The root lives for many years, is round and pear shaped; the outside being black and the inside white.

The leaves are heart shaped, smooth and pointed, standing on long foot-stalks.

PROPERTIES. The root Jalap is an active physic; and usually acts promptly and without griping. It is employed in fevers and other derangements of the stomach and bowels.

Dose. From twenty to thirty grains, or a tea-spoonful.

#### GOLDEN THREAD.

(*Coptis Trifolia.*)

This plant is a native of northern latitudes and is found from Lake Erie to Greenland, and also in the north of Asia. It blossoms in May; and the whole plant bears considerable resemblance to the strawberry. The roots are long, slender, and of a bright yellow color, which has given rise to the name, *golden thread*.

**PROPERTIES.** The whole plant is intensely bitter and possessed of tonic properties; but the root is the part principally used, and may be employed wherever a powerful tonic is wanted. It yields its properties to both water and alcohol.

**Dose.** From one half to a whole tea-spoonful of the powdered root, and from one to four tea-spoonful of the tincture, for an adult.

IPECACUANHA.

(*Colicocca Ipecacuanha.*)

This plant is a native of Brazil in South America, growing in thick shady woods. It blooms in January and February, and ripens its fruit in May.

**PROPERTIES.** The root of this plant has a bitter and nauseous taste, and in doses of twenty or thirty grains acts as an easy emetic, and also acts slightly on the bowels.

It is employed in small doses as a sweat powder, to keep a moisture on the skin and reduce fevers.

**Dose.** From twenty to thirty grains as an emetic; and from one to four, as a sweat powder.

PERUVIAN BARK.

(*Cinchona Officinalis.*)

The tree that bears this bark is found in various parts of South America, and is of various sizes. The tree usually grows about eighteen feet high, with large branches, and leaves from two to three inches long and an inch and a half wide.

There are three kinds of bark in commerce; viz, the pale, the yellow, and the red. The red is the

best, and yellow the next; but this rule is not without its exceptions.

PROPERTIES. Peruvian bark is an excellent tonic, and is a valuable remedy for fever and ague, and the best mode of taking it is in the form of powder or tincture.

Dose. For fever and ague one drachm, or a large tea-spoon heaping full; as a tonic, for dyspepsia, weak stomach &c. give one fourth of the above dose.

DOGWOOD, VIRGINIA DOGWOOD.

(*Cornus Florida.*)

This is so common a tree in our forests as to need no description.

PROPERTIES:—The bark, flowers, and berries, are the parts used in medicine, and are intensely bitter, and possess the same medicinal qualities as Peruvian bark, for which it may be substituted.

DOSE:—The same as peruvian bark; or a gill of the strong tea.

SENNA.

(*Cassia Acutifolia.*)

There appears to be a great variety of this plant, but the best quality, called Alexandrian senna, is found in Egypt and various parts of Africa. There is an inferior quality produced in our own country called American senna, and another which comes to us from the East Indies; but not equal to the Alexandrian.

PROPERTIES:—Senna is a prompt and very safe purgative, and may be used in all kinds of fevers;

and is well adapted to the diseases of children. The principal objection to it is that it produces griping pains in the bowels, which may be prevented by combining with it some aromatic or stimulating article; as ginger, annis seed, &c. Its purgative qualities are increased by uniting with it some bitter substance, as golden seal, bitter root, or columbia.

**DOSE:**—From one fourth to half an ounce of the leaves may be made into a strong tea, and a table spoonful or two taken every hour till it operates.

LADIES SLIPPER, YELLOW LADIES SLIPPER,  
MOCCASIN FLOWER, AMERICAN VALERIAN,  
AND UMBIL.

(*Cypripedium Pubescens.*)

This plant is found in various parts of the United States, growing in swampy ground and on shady hill sides. From one to five stems grow from one root, rising from twelve to thirty inches high. There are several varieties, with flowers of different colours; but all very nearly correspond in the shape of the flowers, which so much resemble the shape of a moccasin as to give rise to the name, *Moccasin Flower*.

**PROPERTIES:**—The root of this plant is the principal ingredient in the “nerve powder,” and is used to quiet the nerves in case of cramps, hysteria, and fits of various kinds. The European Valerian is said to possess all the qualities of the American valerian in a superior degree; this, however is a disputed point.

**DOSE:**—A tea spoonful of the powdered root, or a table spoonful of the tincture.

USE: To quiet the nerves and give ease in all cases where the nerves are affected.

THORN APPLE, JAMESTOWN WEED, JIMSON,  
STINK WEED, &c.

(*Datura Stramonium.*)

This herb is to be found in all parts of the United States, and nearly every part of the habitable globe; growing by way sides and dung hills, and wherever a loose rich soil is prepared for its reception. This *stinking weed* is too common and well known to need a description.

PROPERTIES: The plant when broken emits a disagreeable narcotic smell, and has a bitter nauseous taste. The leaves when dry lose their disagreeable odour, but retain their medical qualities. The leaves and seeds are the parts used in medicine. They are powerfully narcotic, and should not be used internally, except by the advice of a physician. The leaves stewed in lard or fresh butter make a valuable ointment for swelled glands, indolent ulcers, and various purposes. They form a principal ingredient in the pile ointment &c.

CAMPHOR.

(*Laurus Camphora.*)

The Camphire tree is a native of China and Japan. The gum is obtained from all parts of the tree, by applying a gentle heat, which drives the gum from the wood in the form of vapour and is condensed upon straw contained in a receiver above, & afterwards purified by a second sublimation.

PROPERTIES. Camphor has a strong penetra-

ting and fragrant odour, and a peculiar, biting, bitter taste. It is stimulating and antispasmodic, and is principally employed as an external application in rheumatism, sprains, bruises, &c.

BONESET, THOROUGH-STEM, CROSSWORT, INDIAN SAGE  
AGUE-WEED &c.

(*Eupatorium Perfoliatum.*)

This noble plant is found in meadows and marshy ground, and is commonly known in all parts of the United States. The leaves appear as if the stem was thrust through them, they coming to a sharp point on each side. The whole plant is hairy, and blooms from August to October.

*Properties.* Boneset is bitter, and the cold infusion or tea is an excellent tonic for all cases of dyspepsia and weak digestive organs. The warm tea, in large doses, will vomit, and is an excellent article to promote the operation of other emetics; and in smaller doses promotes perspiration, and is a valuable remedy in all cases of fever.

CLOVES.

(*Caryophyllus.*)

The clove tree is a native of the Molucca Islands, but is now cultivated in various other places. Cloves, as they come to us, are the unexpanded flower-buds of the clove tree, which are collected in the fall, and dried in the sun.

*Properties.* Cloves are a very pleasant aromatic stimulant; and enter into various compounds but are seldom used alone in medicine,

## ASAFÆTIDA.

*(Ferula Asafætida)*

The plant that yields this gum is a native of Persia. The root is cut, and the juice which exudes is dried in the sun, and forms the drug called asafætida.

*Properties.* It has a strong disagreeable smell, resembling that of unions, and a sharp, biting, bitter taste. It is stimulating and antispasmodic; and is said to destroy worms. In hysteric fits, debility and irritability of the nerves, it is a valuable remedy. It expels wind from the stomach and bowels, quiets the nerves, and relaxes the bowels.

*Dose:* From twenty to thirty grains may be taken at a time in safety. The most convenient mode is to make it into pills, the size of peas, and take one every hour or half hour; or, a tea spoonful of the tincture may be taken as often.

## GAMBOGE.

*(Gambogia.)*

This gum is the product of a tree found in the kingdom of Siam, and in Ceylon. Incisions are made in the tree from which the juice issues in drops and is dried in the sun; when of the proper consistence it is made into rolls, wrapped in leaves and sent to market.

*PROPERTIES:* Gamboge has no smell and little taste, when broken is of a bright orange colour, and when reduced to powder, or wet with water is of a beautiful yellow, and is used as a water colour in painting. It acts powerfully as a physic,

and also as an emetic; and is too active and disagreeable to use alone, but may be advantageously combined with other articles.

GOLDEN SEAL, YELLOW ROOT, YELLOW PUCCOON &c.

(*Hydrastis Canadensis*.)

This has a crooked, knotted root, with many long fibres all of a bright yellow colour and a pleasant bitter taste. The stem rises from ten to twelve inches high, bearing two leaves resembling sugar maple; in the centre of one of these, appears the flower and afterwards the berry, which is red and contains a number of seeds. The root is the part used as a medicine.

PROPERTIES: A pure and excellent tonic.—Chewing the root cures sore mouth, and a strong tea is good for sore eyes.

CRANE'S BILL, SPOTTED CRANE'S BILL, CROWFOOT,  
ALUM ROOT, &c.

(*Geranium Maculatum*.)

This is a common plant, found in dry rich soils, on hill sides and in vacant ground.

PROPERTIES: The root is the only part used, & is knotty and irregular, with long stringy fibres proceeding from it; when broken it is of a greyish red colour, and astringent taste. It is used to stop bleeding from the lungs, in dysentery &c.—A tea of it sweetened with honey is said to be excellent for hooping cough.

MYRRH, GUM MYRRH.

(*Myrrha*.)

This is the product of a small tree found in Arabia. The juice exudes from the tree spontaneously and dries in the sun.

**PROPERTIES:** The best quality is of a reddish brown colour, sometimes of a yellowish cast, and partially transparent, having a strong smell and bitter aromatic taste. The inferior kind is darker, more opaque, and has less smell; and is generally mixed with various impurities.

The best quality was formerly called Turkey myrrh, and the inferior, India myrrh, but the fact is that they both come from the same source.

Myrrh is a stimulating tonic, and has been variously used by different practitioners, but is now principally used as an external application for spongy gums and foul ulcers. It may be applied in powder or in tincture.

BUTTERNUT, WHITE WALNUT.

(*Juglans Cineria*.)

This is a well known forest tree. The extract from the bark is alone used in medicines which should be made in the month of May; but other seasons will answer.

**PROPERTIES:** An active and safe physic, not leaving the bowels costive, as many other articles do.

**DOSE:** Three pills, the size of a common pea, or a table spoonful of the syrup of the consistence of molasses, and repeated every three hours till they operate. This forms an important part of the antibilious pills.

ELECAMPANE.

(*Inula Helenium*.)

This plant grows in rich meadows and by road

sides; and is so common and well known as to require no description.

PROPERTIES: The root possesses tonic properties, and in combination with other articles, is used for coughs, consumption, and other diseases of the lungs.

SKUNK CABBAGE, SWAMP CABBAGE.

[*Ictodes Fœtida.*]

This plant grows in rich swampy ground, has broad leaves not unlike common cabbage, but of a brighter green.

It blooms early in the spring, and lives till the frost kills it. The leaves when broken have a disagreeable foetid smell, from which it got the name of *skunk* cabbage.

LOBELIA, EMETIC HERB, INDIAN TOBACCO, EYEBRIGHT,  
PUKE WEED, &c.

[*Lobelia Inflata.*]

This plant lives two years, and flowers and bears seed the second year. The flowers are pale blue; and the seeds are very numerous, small, almost black when ripe, and contained in a pod which has been compared to the human stomach, though the resemblance is not striking. It is found in almost all parts of the United States, by roadsides and in uncultivated fields.

PROPERTIES: This is a powerful anti-spasmodic, relieving cramps and rigidity of the muscles with certainty and promptness; an emetic, vomiting quickly, safely and certainly; sudorific, producing sweat and thus relieving fevers; an ex-

pectorant causing a discharge from the lungs by spitting, and hence is combined with the cough & hive syrups; and though not generally called a tonic, it may be profitably combined with tonics in many cases, especially in fever and ague. The whole plant possesses medical properties, but the seeds are the most powerful. They should be gathered as soon as ripe, and before the frost opens the pods.

**DOSE:** From one half to a whole tea spoonful of the pulverized seed, or a table spoonful of the tincture, will usually act as an emetic; as a sweat give as much as the stomach will bear without vomiting.

A large dose of lobelia, or small ones frequently repeated, will sometimes cause alarming symptoms, especially in weak nervous patients. These symptoms may be avoided by combining it with blood root and ipecac, equal quantities.

BAYBERRY, CANDLEBERRY, WAXBERRY, WAX MYRTLE.  
[*Myrica Cerifera.*]

Bayberry is a shrub found in various parts of the United States from Canada to Georgia. It grows from two to ten feet high, and is covered with a greyish bark. The leaves are oblong, being broadest at the outer end and sometimes notched near the extremity. The berries grow in clusters on the sides of the branches, are of a greyish colour and covered with a whitish coat of wax, which may be separated and made into candles, and used for various purposes.

**PROPERTIES:** The bark of the root is the part

used in medicine. It possesses a bitter astringent taste, and is used as an astringent tonic in dysentery and other diseases of the bowels. It is used as a poultice in kings evil and other indolent ulcers: and is variously combined with other medicines.

**DOSE:** A tea spoonful in warm water sweetened.

COLUMBO.

[*Cocculus Palmatus.*]

This is a native of Africa and the East Indies. The root comes to us in transverse slices with some cylindrical pieces, one or two inches long, of a yellow colour. A variety of this plant grows in our own country, which is a good substitute for the imported article.

**PROPERTIES:** It is very bitter, and is a mild and valuable tonic; agreeing with weak stomachs when other tonics are rejected.

**DOSE:** From one third to a whole tea spoonful. three times a day.

MAY APPLE, INDIAN APPLE, MANDRAKE.

(*Podophyllum Peltatum.*)

This is a common plant throughout the United States, growing in loose shaded soils. The stem is round, smooth and erect, from eight to ten inches high, divided into two branches near the top, and supporting two large leaves. One large white flower, between the two branches. The root is long, round and jointed, with small sprangling, threadlike roots proceeding from each joint.

**PROPERTIES:** An active physic, used in all bilious diseases, in dropsy &c. A decoction is used to cleanse foul ulcers. The fresh juice of the root is said to be a remedy for deafness.

**DOSE:** A tea-spoonful of the powdered root, will usually operate as an active physic.

WILD CHERRY.

[*Prunus Virginiana.*]

This is a forest tree, well known throughout the United States.

**PROPERTIES:** The inner bark is the part used in medicine; and may be taken from any part of the tree, but that from the root is the most powerful. Besides being an excellent tonic, it has the property of quieting the nervous system. It may be happily combined with other articles and employed in various diseases of the lungs &c.

**DOSE:** Of the powdered bark one tea spoonful, of the tincture or infusion, one or two table spoonfuls.

HEMLOCK, SPRUCE PINE, PINE.

[*Pinus Canadensis.*]

This is a large forest tree common throughout the United States and Canada. The bark is used for tanning leather.

**Properties:** The inner bark is used as an astringent, and may be employed where an article of this kind is wanted.

A tea made of the green branches is excellent for promoting perspiration, or to sit over the steam of the branches, boiled in water, is famed for the ease of rheumatism. The oil is variously em-

ployed as an external application in Rheumatism, sprains, &c. The gum or pitch is excellent for plasters, much better than Burgundy pitch; and may be employed in lumbago, rheumatism, and wherever a plaster is wanted.

ANISE SEED.

(*Anisum.*)

This is a native of Egypt, but is cultivated in gardens both in Europe and America.

*Properties:* The seeds are a pleasant aromatic, capable of improving the appetite and expelling wind; and are used in colic and pains in the stomach; but are usually combined with other medicines to improve their taste and correct their action. Four to six drops of the oil on sugar, is a convenient mode of using.

SENECA SNAKE-ROOT.

(*Polygala Senega.*)

This plant is a native of North America and is found in nearly all the States. The root is about as thick as a large goose-quill, is full of joints and very crooked.

*PROPERTIES.* It is slightly stimulating, and promotes perspiration, and is useful in various forms of fever; increases the discharge of urine, and promotes the discharge from the lungs and throat, and is employed with other articles in the form of syrups, for diseases of the lungs.

RHEUBARB.

(*Rheum Palmatum.*)

This plant is a native of China, but is now cultivated in various parts of the world, as success-

fully, perhaps, in Russia as any other. It comes to us in cylindrical pieces about two inches long. That from China has a small hole through each piece, where it was strung on cords for the purpose of drying; while that from Russia has a much larger hole in the pieces, which usually reaches no farther than the centre; made by the inspector, to ascertain whether the root is sound. There are, however, various other sources of Rheubarb that are not distinguished by these marks, but are generally of an inferior quality.

*Properties.* The root is a safe and gentle physic, and slightly astringent; and is therefore peculiarly adapted to dysentery and other diseases of the bowels. While many other kinds of physic leave the bowels relaxed and debilitated, and disposed to costiveness, Rheubarb leaves them in a healthy condition. Several varieties of this plant are cultivated for the stems, which are stewed and made into tarts, and may be safely and profitably eaten by those troubled with costiveness.

*Dose.* A teaspoonful of the pulverized root is a medium dose for an adult.

RED PUCOON, BLOOD ROOT.

(*Sanguinary Canadensis.*)

This plant is a native of this country, and is very common in rich, shady, loose soil. The leaves are large, round, light green on the upper side, almost white below, and only one on a stalk.

The root is red outside and grey within, and when the fresh root is broken it emits a red juice.

*Properties.* This root is a powerful emetic: but

is too severe and disagreeable to be employed alone. It also possesses stimulating and narcotic (stupifying) powers, and is principally employed in the form of tincture, and in pills combined with other articles. The pulverized root is sometimes used to destroy proud flesh &c.

It is said that a tea of the root is used by the Indians for snake bites. The tea is to be taken in repeated doses, as much as the stomach will bear without vomiting, and the wound bathed, at the same time, with a tea of the tops. The tincture is highly recommended for liver complaint.

*Dose.* Of the tincture a teaspoonful three times a day; of the powdered root from one to five grains; half a teaspoonful of the powder will usually vomit. Indolent and foul ulcers will be greatly improved by washing them with the tincture.

MUSTARD.  
(*Sinapis.*)

Mustard seed is an active and powerful stimulant. It is principally used in plasters for the purpose of irritating the skin in fevers and inflammations.

A convenient mode of applying it is to make a poultice of bread and water of the proper size, and sprinkle the ground seed on it. A plaster the size of a dollar applied to each temple, will sometimes give immediate relief in head-ache, and may be successfully applied in various local pains.—Either white or black mustard will answer.

Half a teaspoonful of the whole seed, taken every morning fasting, is good for dyspepsia and costiveness.

CAROLINA PINK.

*(Spigelia Merilandica.)*

This plant is a native of the Southern States. The stem is erect, four sides and nearly smooth, several coming from the same root and growing from twelve to twenty inches high. The root consists of many slim fibres, proceeding from one knotted head, and of a brownish color. It yields its virtues to boiling water.

*Properties.* This is one of the most powerful and certain worm destroyers that we have. When given in ordinary doses it produces no other manifest effect upon the system; but in larger doses it operates slightly on the bowels, and in over doses produces determination to the head, giving rise to giddiness, stupor, & even convulsions, in some cases. These effects may be entirely prevented by combining it with an equal quantity of senna; to which we usually add a little ginger; or ginger may be combined with both the articles, and they given separately.

*Dose.* Half an ounce of the root should be put into a proper vessel and barely covered with boiling water, and set where it will keep hot; after standing a few minutes a table spoonful may be given, and repeated every hour, still adding hot water to keep it covered. After four doses have been taken, add half an ounce of senna, and proceed as before till it operates upon the bowels.—The same may be kept till next day, and given as before, if necessary, as the strength will not be exhausted if the articles are good. The powdered root may be taken in molasses, a teaspoonful.

being a dose for a man, and one third the quantity for a child five years old.

## GUAIACUM.

*(Guaiacum Officinale.)*

This tree is a native of the West India Islands. Both the wood and the gum, or resin, are used in medicine. The wood comes to us in billets covered with a thick grey bark, and afterwards rasped or cut into thin shavings. The resin improperly called gum, is the concrete juice of the tree, and comes in irregular pieces of a greenish brown color.

*Properties.* It has a feeble but fragrant smell, which is increased by heat, and has a sharp spicy taste, followed by a heat in the mouth. Guaiacum is stimulating, and if aided by warm teas will produce perspiration. It is chiefly employed in rheumatism, and in some female derangements.

*Dose.* From one to two teaspoonsful of the tincture, and ten or fifteen grains of the powder.

## GINGER.

*(Zingiber.)*

This plant is a native of Hindostan, but is cultivated in all parts of India, and in the West Indies. The stem is round, solid, and enclosed in a kind of membranous sheath, rising two or three feet high, with a tuberous root.

*Properties.* Ginger is a pleasant stimulant, and calculated to improve the appetite. It is employed in windy colic, and dyspepsia; and in combination with other medicines, to improve their taste and increase their action.

*Dose.* A teaspoonful in half a pint of warm water; or half that quantity may be taken at once in molasses.

## LAVENDER.

[*Lavendula Spica.*]

This is a native of France, but is cultivated in our gardens, flowering from may to September.

*Properties.* This plant is strongly stimulant, and is good in windy colic, pains in the stomach &c., but is little used except as a perfume.

## PEPPERMINT.

(*Mentha Piperita.*)

Is a pleasant stimulant, well calculated to promote perspiration, settle the stomach, and improve the appetite. The tea may be drunk freely.

## SPEARMINT.

[*Mentha Sativa.*]

Is muchlike peppermint and may be used for the same purpose.

## PENNYROYAL.

[*Herdeoma.*]

Is a very common plant throughout the United States, is an aromatic stimulant of great value.— It promotes perspiration, relieves pain and sickness of the stomach; and is recommended in gravel, and other diseases of the urinary organs.— The oil is used in liniments, for rheumatism &c.,

## TOOTH-ACHE TREE, PRICKLY ASH.

(*Xanthoxylum Fraxineum.*)

A tall shrub found in various parts of the Uni-

ted States. The bark is a powerful stimulant, producing a very sharp and biting sensation when taken into the mouth.

This is a popular remedy for rheumatism, and is used in the form of tincture; commencing with a teaspoonful and gradually increasing to a table spoonful. It also forms an ingredient in the toothache drops.

#### INDIAN TURNIP.

(*Arum Triphyllum.*)

This plant rises from ten to twenty inches high, bearing three oval leaves, dark green above and pale beneath. The berries a bright scarlet; with a flat tuberous root, and many small fibres proceeding from it.

*Properties.* The fresh root of this plant is stimulating, possesses a very sharp biting taste, and makes an excellent poultice for scrofulous swellings. The dried root pulverized or grated is used for coughs and pains in the breast.

#### SAFRON, GARDEN SAFRON.

[*Crocus Sativus.*]

Is given in the form of tea to promote perspiration, or may be combined with onion juice and made into syrup; and is useful for croup, and to keep eruptions out upon the skin.

#### GENTIAN.

[*Gentiana Lutea*]

Is imported from Europe; and is a valuable tonic; used in dyspepsia &c.

#### JUNIPER.

[*Juniperus.*]

The berries and essential oil are diuretic, that

is they increase the quantity of urine, are useful for diseases of the kidneys, urinary organs, and dropsy.

WHITE POPLAR.

[*Liriodendron Tulipifera.*]

Is a large and beautiful forest tree, found in various parts of the United States.

*Properties.* It is a valuable tonic, and has been used as a substitute for peruvian bark, and may be employed wherever a tonic is wanting.

DANDELION.

(*Leontodon Taraxacum.*)

This is a very common plant, found in meadows and vacant grounds, spreading flat on the ground. Blossoms, bright yellow, and in bloom from April to October.

*Properties.* The root of this plant increases the quantity of urine and removes obstructions.—It is used in gravel, in liver complaint, and croup and may be given in the form of tea which should be drunk freely, or the extract may be given in pills or otherwise.

HOARHOUND.

(*Marrubium Vulgare.*)

Is used in tea or syrups for coughs and diseases of the breast.

CATNIP.

(*Nepeta Cataria.*)

Excellent to promote perspiration and reduce fever. The tea should be drunk freely.

OLIVE OIL, SWEET OIL.

(*Oleum Olivæ.*)

This oil is pressed from the fruit of the olive

tree, which is cultivated in various parts of Europe.

*Properties.* The oil is a mild physic, and is well adapted to cases of inflammation of the stomach and bowels and wherever a mild and unirritating physic is necessary. It is also used in liniments, salves and plasters. The warm oil is a valuable remedy for the bites of snakes, and poisonous insects.

*Dose.* From one to two ounces, that is from two to four table spoonsful for an adult.

CASTOR OIL  
(*Oleum Ricini.*)

This is the oil of the castor bean, (*Ricinus Communis*) native of Africa and the East Indies, where it is said to grow thirty or forty feet high, In this country, in the richest soil, and under the best culture, it seldom exceeds twelve feet.

*Properties.* The same as sweet oil, but much more active.

*Dose.* From one to two table spoonsful.

PLANTAIN.  
(*Plantago Major.*)

This plant is found growing in pastures, by roadsides, and in meadows, in all parts of the United States; and has obtained considerable reputation for the cure of snakebites, and in various cases of poison. It is related that a slave in the South was liberated for making known a remedy for snake bites, which consisted of the juice of plantain and hoarhound, equal parts: a table spoonful to be given, and repeated as often as the stomach would bear, and the same to be applied to the wound.

## SLIPPERY ELM.

## BLACKBERRY.

[*Rubus Villosus.*]

The root and berries are much used in dysentery, and various diseases of the bowels, on account of their astringent and tonic properties.—Made into a syrup is the most pleasant form of using them. See Anti-dysenteric Syrup. The berries when fully ripe, are very grateful to weak stomachs; and when broken in water make a pleasant, cooling drink.

## YELLOW DOCK.

[*Rumex Crispus.*]

This variety of dock has broad leaves and a yellow root: and is very hard to destroy when it once gets possession of the soil. The root is a mild astringent tonic, and has considerable reputation as a remedy for itch; for which purpose it is stewed with fresh butter or lard, with which the affected parts are to be anointed. It is also used for scrofula and various impurities of the blood.

## SUMACH.

*Rhus Tiphinum.*

There are two or three varieties of sumach, but the one used in medicine is the largest, smoothest, and every way the most beautiful, The roots & berries are used for gargles, and washes for scarlet fever, quinsey, sore mouth, and foul ulcers.

## SLIPPERY ELM.

(*Ulmus Fulva.*)

A forest tree, abundant throughout the United States. The bark with either cold or hot water,

yields a very clear pleasant, and soothing mucilage; which may be drunk in all forms of fever, and is especially beneficial both as a drink, and injection, in dysentery and inflammation of the bowels; and as a soft and soothing poultice to reduce swelling and allay inflammation, nothing can excel it.

WINTERGREEN, MOUNTAIN TEA.

(*Gaultheria Repens.*)

A pleasant aromatic stimulant, growing on mountains and high hills. The oil or essence is useful for pain in the stomach and bowels.

CENTAURY.

(*Centaurium Minor.*)

This is an excellent tonic, and may be employed in all cases of dyspepsia and debility of the digestive organs, and for worms in tea or powder, not dangerous.

YELLOW PARILLA.

(*Menispermum Canadense.*)

A climbing woody vine, with long yellow roots, that run considerable distance, near the surface of the ground. Found in abundance in the Western and middle states. The root, which is the part used in medicine, is a stimulating tonic, and highly beneficial in scrofulous diseases, and other derangements of the blood. It is sometimes erroneously called sarsaparilla, but may be used for the same purposes, and is a hundred per cent more powerful.

BITTER HERB, BALMONY, SNAKE HEAD.

(*Chelone Glabra.*)

Grows in moist ground; stem square, and from

two to four feet high; flowers generally white, though sometimes spotted with red or purple, and of the shape of a snake's head, with the mouth open, hence the name *snake head*. The leaves are of a dark green colour when fresh, and almost black when dry; and bear some resemblance to mint leaves. The whole plant is bitter and tonic; and is recommended for destroying worms. The tea is to be drunk freely for two or three days, and a physic given to carry off the worms.

BITTER ROOT, DOGSBANE, WANDERING MILKWEED &c.  
*Apocynum Androsafolium*.

The stem is smooth, covered with a tough bark like hemp, rises from three to five feet high, with branches toward the top, and red on the side most exposed to the sun. The leaves are opposite, of an oval shape, and exude milk when broken. The blossoms are white and tinged with red.

**PROPERTIES:** The root of this plant, which is nearly as thick as the little finger, is dark colored, possessed of an intensely bitter taste, and is both tonic and laxative. It also acts as an emetic in large doses, but is too disagreeable to be taken in sufficient doses to act upon the bowels by itself, and should never be employed as an emetic.

It is variously combined with other articles.

## COMPOUND MEDICINES.

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### DIRECTIONS FOR PREPARING MEDICINES COMPOSED OF DIFFERENT INGREDIENTS.

#### COUGH OR HIVE SYRUP.

Take Spikenard Root,	1 lb.
Elecampane Root,	1 "
Comfrey, "	1-2 lb.
Hoarhound, "	1-4 "
Skunk Cabbage Root.	1-8 "

Boil all in a gallon of soft water down to a quart; then strain and add four pounds of sugar, bring it to the boil and skim; and when cool, add a table spoonful of best lobelia tincture for every pint of syrup; bottle, and keep in a cool place.

**DOSE:** A tea spoonful every few minutes, while the cough is troublesome. (See table of Doses.)


**USE:** This is useful in all kinds of cough, pains in the breast and croup. When used for croup, the lobelia tincture should be in the proportion of a tea spoonful to a table spoonful of the syrup, and given in table spoonful doses every ten minutes, till the child vomits. (See Croup.)

#### ANTI DYSENTERIC SYRUP.

Take Blackberry or Dewberry root,	Wild Cher-
ry bark and Poplar bark, each,	2 oz.
Cranesbill, [Geraneum Maculatum,]	1 oz.
Bayberry bark,	1 oz.

Boil in two quarts of water to one pint, then add two lbs. loaf sugar, boil and skim, and when

cool add one half pint of best French brandy.

**Dose:** A table spoonful every hour, till the bowels are sufficiently controlled.  *Unless otherwise expressed, the dose for an adult is always to be understood.*

**Use:** This is designed for dysentery, summer complaint; and in all cases where the bowels are too loose.

ANOTHER FOR THE SAME.

Take Rheubarb,	1 oz.
Wild cherry bark,	2 oz.
Loaf sugar,	8 oz.

Add 1 pint of water, expose to a gentle heat, and simmer slowly down to 1-2 pint. Make it fresh every day, and in hot weather add a little brandy.

**Dose.** A table spoonful every fifteen minutes till the pain ceases.

**Use.** This is a valuable medicine in dysentery.

SYRUP OF WILD CHERRY AND DOGWOOD.

Take bark or berries of wild cherry and dogwood 1-2 lb. each, add 1 pint of soft water, and let it stand 48 hours, strain and squeeze out all the liquid possible, then add two lbs. loaf sugar and a gill of brandy. Keep in bottles.

**Dose:** A table spoonful three times a day.

**Use:** For dyspepsia and weak stomachs; also good in coughs. This may be added to the cough syrup for consumptive patients.

**Tonic Syrups, Thompsons No 5.** Take Poplar bark and bayberry bark, one pound each, boil them in two gallons of water down to one gallon, strain

and add 7 pounds of sugar; then scald and skim and add half a pound of peach or cherry stone meats, pounded fine. When cool add a gallon of good brandy and bottle.

*Dose* A table spoonful, three times a day.

*Use.* To strengthen the stomach and restore weak patients.

#### CHOLERA SYRUPS.

Take ladies slipper,	4. oz
Bayberry.	4. oz
Golden seal.	2. oz
African cayenne.	1-2. oz

Boil all the above ingredients in a gallon of water, down to half a gallon; then strain and add best 4th proof West India rum, or French brandy.

French Brandy,	2 qts.
Best molasses,	2 do.
Tincture of Myrrh,	2 do.

Keep tight in bottles.

*Dose.* A table-spoonful.

*Use.* For Cholera, cholera-morbus and other diseases of the bowels.

#### ANOTHER FOR THE SAME.

Take Ladies Slipper,	1 oz.
Golden Seal,	1 oz.
Race Ginger,	2 oz.
Hemlock bark,	1 oz.
Bayberry,	1 oz.
Prickly ash,	1 oz.
African cayenne,	1 oz.

Boil in one gallon of water down to two quarts;

then add best molasses,	1 gallon.
Best rum or brandy,	1-2 gal.
Tincture of Myrrh,	3 pts.

Dose & Use: The same as above.

## COMPOUND SYRUP OF YELLOW PARILLA.

Take Yellow Parilla Root,	1-2 lb.
Wild Cherry bark,	1-4 "

Boil in a gallon of water down to a quart, strain and add 4 lbs. of sugar, and to every pint of syrup add 1-4 oz. of wine bitters; and tincture of rhubarb and tincture of blood root half a gill each.

Dose: A tea spoonful gradually increased as the stomach will bear.

Use: To cleanse the blood, clear the system of scrofula, correct any vitiated state of the system and restore female derangements. (See LADY'S FRIEND.)

## WINE BITTERS.

Take Bayberry,	1-2 lb.
Golden Seal,	1-2 "
Bitter root,	1-2 "
Senna Alex.,	1-4 "
Anise seed,	1-4 "
Cloves,	2 oz.
Cayenne,	1 "
Sugar,	3 lb.

All well pulverized and mixed. Where the stomach is sour, it should be made one third saleratus or Carbonate of soda.

Dose: The third of a tea spoonful to be taken immediately after each meal; or half an ounce

of the powder may be added to a pint of wine or brandy, and taken in table spoonful doses as above directed.

USE: For dyspepsia and weak stomachs.

#### SPICE BITTERS.

Take Poplar bark,	1 lb.
Bayberry,	1 “
Golden seal,	1 “
Cloves,	4 oz.
Cayenne,	4 oz.
Sugar,	3 lbs.

All finely pulverized and mixed.

Dose and Use the same as the wine bitters.

#### LAXATIVE BITTERS, OR LAXATIVE TONIC.

Take Rhubarb or Senna, Anise seed, Columbo, and Gentian, each one ounce, all pulverized; add a quart of proof spirits.

Dose: A table spoonful three times a day.

USE: For dyspepsia and all cases of weak stomach. When the bowels are habitually constive, the rhubarb or senna should be doubled.

#### TONIC BITTERS, *Thompson's No. 4.*

Take bitterherb or balmony, bayberry, and poplar bark, equal quantities, all pulverized, to an ounce of the powder add a pint of hot water and half a pint of proof spirits. Digest five days.

Dose: From one to two table spoonsful.

USE: To strengthen the stomach and increase the appetite; and may be used wherever a tonic is wanted.

The above may be made hot or stimulating by adding a tea spoonful of cayenne.

## TOOTHACHE DROPS.

Take best African cayenne, 1 oz.

Prickly ash bark pulverized. 1 oz.

Add half a pint of alcohol and let them digest 3 days, shaking them frequently: then add oil of cloves and oil of sassafras, each one oz.

Use. Dip a little lint or cotton in the drops and introduce into the tooth, if decayed, or on the gum if the tooth be sound.

From 6 to 10 drops on sugar, is good for pains in the stomach and bowels, or in the commencement of cholera.

## RHEUMATIC DRÖPS, OR No. 6.

Take Gum myrrh, 1 lb.

Best African cayenne, 1 oz.

Pulverize and add one gallon of fourth proof brandy. A jug containing these articles may be put into a kettle of water and boiled fifteen or twenty minutes, with the cork out; or it can be prepared without boiling, by letting it stand several days and shaking it frequently.

*Dose.* From one to two teaspoonsful in sweetened water.

Use. To relieve pain in the stomach and bowels, check dysentery, diarrhœa, &c. As an external application, it is used for rheumatism, sprains, bruises and cuts. It heals a wound quicker than any other application we know, prevents mortification and the ill effects of cold.

## EYE WATER.

Take golden seal, 1 tea-spoonful.

Add a gill of boiling water; stir and let it stand two hours.

USE. For weak, and inflamed eyes. Apply two or three times a day, milk warm.

ANOTHER.

Take pith of sassafras, a table spoonful. Rose water, or rain water, one gill.

After standing an hour or more it becomes a very pretty mucilage.

USE. Apply cool, or milk warm to inflamed eyes.

STIMULATING GARGLE, OR PEPPER SAUCE.

Take Cayenne pepper, 1 tea-spoonful.

Fine Salt, 1 do.

Add a half gill of boiling water, and after standing fifteen or twenty minutes add the same quantity of good vinegar.

USE. This is an excellent gargle for ulcerated sore throat, quinsy and other diseases of the throat. A little of it should be swallowed every time the throat is gargled. It is also used to check vomiting and settle the stomach.

ASTRINGENT GARGLE.

Take Sumach berries, and red raspberry leaves or bark, equal quantities, and make a strong tea.

USE. For sore mouth, sore throat, and may be beneficially applied to sore nipples, and is not bad for dysentery and other looseness of the bowels. For sore mouth it should be sweetened with honey, and in dysentery, with loaf sugar.

STIMULATING LINIMENT.

Sweet oil, 1 oz.

Spirits of Ammonia or Hartshorn, 1 oz.

Shake together, and then add,

Oil of pennyroyal or summer savory 1-4 oz.

Tincture of Camphor, 1-2 oz.

Tincture of Cayenne, 1 oz.

Shake all together and keep well corked. The tinctures should be prepared with alcohol, or they will not unite so well.

USE. For rheumatism, sprains, and all swelled and painful parts.

#### SOAP LINIMENT OR OPODELDOC.

Take white soap, [shaving soap,]	6 oz.
Gum Camphor,	2 “
Oil of Rosemary,	1-4 oz.
Oil of Marjorum, [origanum]-	1-4 “
Alcohol,	1 pt.

Dissolve the soap in the alcohol by means of a gentle heat, then add the other ingredients, and when dissolved pour into wide mouthed vials and cork well.

USE: This is a good liniment for sprains, bruises &c. It may be rendered more stimulating by adding to it an equal quantity of No. 6.

#### LIME LINIMENT.

Take lime water and flaxseed oil, equal quantities; mix.

USE; For burns and scalds, and to heal up old ulcers.

#### COMMON INJECTION.

Take fresh lard or

butter and molasses each,	1 table spoonful,
Salt,	1 tea spoonful,
Hot water,	1 pint.

Mix, and inject milkwarm.

USE: To move the bowels in case of obstinate costiveness, and when the patient is too weak to bear the operation of physic.

Where a more stimulating injection may be ne-

cessary, as in cholera, drowning &c., a tea spoonful of composition or No. 6., may be added to the above.

#### SOOTHING INJECTION.

Take mucilage of slippery elm or of Gum Arabic, and inject, milkwarm.

USE: This is soothing and highly beneficial in dysentery and inflammation of the bowels, and may be united with any of the above articles to render it more stimulating, where the nature of the case demands it.

Soap suds is sometimes used alone as an injection, in cases of obstinate costiveness.

#### PILE OINTMENT.

Take nutgall pulverized, 1 oz.

Blood root, 1 “

Leaves or green pods of

Jamestown weed, (stramonium,) 2 “

Stew all in fresh butter or lard till the strength is extracted; then strain.

USE. This is valuable for piles, swelled glands, tetter &c. To be applied night and morning.

#### JEWET'S PILE OINTMENT.

Take Blood root and boil it in water till the strength is obtained; then strain and boil again to the consistence of tar; to an ounce of this extract add half an ounce of fresh butter or lard. Mix well and apply as above.

#### OINTMENT OF JAMESTOWN WEED.

Take the leaves or green pods, bruise them and add as much rich cream as will cover them, and simmer slowly to an oil. Fresh butter or lard may be substituted for the cream, and the addition of a

few plantain leaves, it is thought, would improve the ointment.

USE. Excellent for burns, scalds, inflammations, and eruptions on the skin, and piles.

#### HEALING SALVE, OR OINTMENT.

Take Balm of gilead buds,	2 oz.
Elder bark,	1 oz.
Sheep's tallow,	4 oz.
Fresh butter,	4 oz.
Bees wax,	2 oz.
Honey,	1 oz.

Simmer slowly thirty minutes.

USE. This is an excellent ointment for burns, scalds, old sores, sore lips, &c.

#### NERVE OINTMENT.

Take Bark of Bittersweet root.	2 oz.
Wormwood,	1 oz.
Chamomile,	1 oz.

Simmer in any soft animal oil, strain and add half a tea-spoonful of spirits turpentine.

USE: For hard glandular swellings, sprains, bruises, corns, &c.

#### TETTER OINTMENT.

Take Spirits of Turpentine,	1 oz.
Black Pepper,	1 oz.
Ginger,	1 oz.
Cloves,	1 oz.
Brimstone,	1 oz.
Fresh butter or lard,	2 oz.

Simmer all together in any earthen vessel; strain while hot, and apply night and morning.

USE: This is said to be a sovereign remedy for tetter, scald head, &c.

## EYE OINTMENT, OR EYE SALVE.

Take pulverized lobelia seed, 2 oz.  
Alcohol, 1-2 pint.

Bottle and shake frequently for five days; then strain and add two ounces of fresh butter, and expose to a gentle heat till the alcohol disappears, and stir till cool.

USE: An excellent salve for sore eyes; to be applied at bed time, on the eye-lids and corners of the eyes; the face and eyes being washed in the mornings with soft, luke-warm water. This is also good for tetter and scald head. In all cases of tetter, ringworm, and scald head, wheat bran must be used to wash with instead of soap.

## ITCH OINTMENT.

Take Sulphur vivum (crude sulphur) fine, 1 oz.  
Venice turpentine, 1 oz.  
Lard, 1-2 lb.

Melt the lard and turpentine; then add the sulphur, and stir till it is cold: let it be applied two or three times a day.

USE. It cures the complaint without the necessity of changing the clothes.—*Beach.*

## BASILICON OINTMENT.

Take Resin (called rosin) 5 oz.  
Lard, 8 oz.  
Beeswax, 2 oz.

Melt all together, strain, and stir them constantly till cool.

USE. To heal scalds, burns, cuts, &c.

## RESIN OINTMENT, OR DESHLER'S SALVE.

Take Resin, Suet, Beeswax, each one pound;  
Turpentine, (as it comes out of the pine tree, not

the spirits) half a pound; Flaxseed oil half a pint. Melt all together, strain through linen, and stir till cool.

**USE.** This is more stimulating than the basilicon, and better adapted to indolent ulcers; and is a valuable healing salve.

DR. S. THOMPSON'S POULTICE.

Take a strong tea of Raspberry leaves and thicken with crackers and slippery elm, both finely pulverized, and a little ginger added.

**USE.** For scalds, burns, felons &c. Where there is much irritation the ginger may be omitted.

FLAXSEED POULTICE.

Take flaxseed, ground or pounded fine, and gradually add boiling water, and stir well till of the proper consistence for a poultice.

**USE.** This may be applied in all cases of inflammation, and is next to slippery elm in its soothing influence.

SLIPPERY ELM POULTICE.

Take powdered slippery elm, sufficient to form a poultice, add hot water and stir till of the proper consistence.

**USE.** This may be applied hot, lukewarm, or cold, as may best suit the case, and is one of the most soothing applications in all cases of inflammation.

LYE POULTICE.

Take weak lye, heat it and thicken with rye meal, or slippery elm pulverized.

**USE.** This poultice is useful for felons, and all deep seated inflammations.

POTATOE POULTICE.

Take roasted potatoes, mash fine, and moisten

with strong vinegar, and sprinkle with cayenne pepper till well coated; or cover with the grounds of No. 6.

USE. This is an excellent poultice for the first stages of quinsy, pains in the face, toothache, &c.

DRAWING POULTICE.

Take honey or molasses, salt and soap, a table spoonful each, and one egg. Mix well and thicken with rye flour, or flour of slippery elm; wheat flour will answer. This poultice should be made cold, but may be held to the fire and made comfortably warm before it is applied.

USE: This is a powerful poultice, rapidly promotes supuration, cures sprains, removes corns and arouses indolent tumours.

YEST POULTICE.

Take yest and No. 6, equal quantities, and thicken with equal quantities of charcoal and powdered slippery elm.

USE: To arrest mortification, and produce a healthy action in ill conditioned sores.

MUSTARD POULTICE, OR

*Cataplasm.*

Make a poultice of light bread and water, spread, and cover with a coat of ground mustard seed.

USE: This may be applied to the soles of the feet in fevers, and in all cases where there is an over determination to the head. It is also applied to the temples to relieve headache, and is useful in removing other deep seated pains.

ASTRINGENT PLASTER.

Take white oak bark a sufficient quantity, pounded or ground fine, cover with water and let it stand

24 hours; then strain and boil down till thick enough for plasters.

USE. This is to be spread on linen or soft leather, and used for rupture. After the plaster comes off, a truss must be applied. B.—

#### BURGUNDY PLASTER.

Take Burgundy, a sufficient quantity, and spread on soft leather with a hot iron; sprinkle with cayenne and run the hot iron over to make the cayenne adhere to the plaster.

USE. This is a good strengthening plaster for weak backs, pain in the back, &c. The cayenne is added to make it more stimulating, and is highly important where there is deep seated pain.

#### SEARS' CLOTH PLASTER.

Take Resin, (rosin)	1-2 lb.
Beeswax,	2 oz.
Cayenne pepper,	2 oz.
Spirits,	1 pint.

Simmer the cayenne in the spirits and strain; then melt the other articles and add; simmer all together till the spirits disappear; take from the fire, and when nearly cold, add two ounces of gum camphor and three tea-spoonsful of oil of sassafras.

USE. To be spread on linen cloth or soft leather, and applied in all cases where a strengthening plaster is needed: this is an excellent plaster.

#### ADHESIVE AND STRENGTHENING PLASTER.

Take Resin,	3 lbs.
Beeswax,	4 oz.
Burgundy pitch,	4 oz.
Mutton tallow,	4 oz.

Melt these together, and then add,

Sweet oil,	1-2 oz.
Camphor,	1-2 oz.
West India rum,	1 gill.
Sassafras oil	1-2 oz.

When well mixed together, let the whole be poured into water and worked in the hands like shoe-makers wax. A little more oil or rosin may be added to make it harder or softer to suit the season.

USE. This may be used for a sticking plaster to secure the lips of cuts together, for rheumatism, and wherever a strengthening plaster is needed.

B.——

#### IRRITATING PLASTER.

Take Mandrake, Bloodroot, Indian turnip, and Poke-root, finely pulverized, of each half a pound; cover with alcohol, and let them stand uncovered until nearly dry. Melt four pounds of pure Burgundy pitch, and add half a pound of venice turpentine. Stir in the powdered roots, and simmer until of the proper consistence for plasters.

USE: Spread on soft leather and apply over the affected part. This brings out an eruption like small pox, and is well adapted to relieve pains in the side, from liver complaint; pains in the back, rheumatic pains, &c. After wearing it a few days, if the irritation becomes too great, the plaster should be removed and the part washed with water or spirits, and replaced in a day or two.

B.——

#### VERMIFUGE PLASTER.

Boil half an ounce of powdered aloes with a few sprigs of rue, wormwood and chamomile in

half a pint of gall to the consistence of a plaster: spread this on thin leather and apply at the pit of the stomach, changing it every twelve hours for three days; then take fifteen grains of Jalap, (or butternut syrup,) and it will bring vast quantities of worms away, some burst and some alive.

Wesley.

COMPOUND SPIRITS OR TINCTURE  
OF LAVENDER.

Take Flowers of Lavender,	1-2 oz.
Nutmeg,	“ “
Mace,	“ “
Cloves,	“ “
Cinnamon,	“ “

Pulverize and add a quart of proof spirits.

*Dose*; From one to two tea spoonful.

*Use*; For hysterics, pains in the stomach and breast, fainting, &c.

TINCTURE OF MYRRH.

Take Gum Myrrh pulverized,	2 oz.
Alcohol,	1-2 pt.

Put in a bottle and shake well for seven days.

*Use*; To wash indolent ulcers, scrofulous sores, white swelling &c. Good whiskey may be substituted for alcohol in making any of the tinctures, except when they are to be united with oils; as in making toothache drops, liniment &c.

TINCTURE OF CAYENNE.

Take cayenne pepper two ounces, alcohol one pint, bottle and shake daily for five days.

*Use*; This is principally used as an external application to remove pain, rheumatism &c.—

One pint of this united with three pints of tincture of myrrh makes good No. 6.

#### TINCTURE OF LOBELIA.

Take lobelia seed well pulverized two ounces, alcohol or proof spirits one pint. Bottle and shake for five days.

**Dose:** From a tea spoonful to a table spoonful.

**Use:** An easy and quick emetic; for poison, croup, foul stomach and wherever an emetic is needed. When prepared with alcohol it must be diluted with water before giving it to children.

#### COMPOUND TINCTURE OF LOBELIA.

##### *Thompson's 3d preparation.*

Take Lobelia seed well pulverized, cayenne, & nerve powder, each one ounce, alcohol or No. 6., one pint; put all in a bottle and shake frequently for five days. In the old receipt, No. 6., and cayenne were added to the pulverized seed, but we think this a better preparation.

**Dose;** From half a tea spoonful to a table spoonful, according to the urgency of the case.

**Use;** This is designed for Locked-jaw, Cholera, drowned persons, and various other cases of suspended animation. A powerful anti-spasmodic.

#### TINCTURE OF RHUBARB AND BLOOD ROOT.

Take Rhubarb in powder,	2 oz.
Blood root, do	1 1-2 oz.
Anise seed,	1 oz.
Proof spirits,	1 qt.

Bottle and shake frequently for ten days.

**Dose;** From a tea spoonful to a table spoonful three times a day.

**Use;** Excellent for liver complaint, costive-

ness and scrofula. It is also added to the *Compound Syrup of Yellow Parilla*.

#### RHEUMATIC TINCTURE.

Take Guaiacum pulverized,	2 oz.
Prickly ash bark powdered	1 “
Ripe Poke berries,	3 oz.
Proof Spirits,	1 qt.

Bottle and shake frequently, for seven days.

*Dose*; A tea spoonful three times a day and increased as the stomach will bear.

*Use*: This is useful in chronic rheumatism and gouty affections.

#### ESSENCE OF PEPPERMINT.

Take oil of peppermint,	1 oz.
Alcohol,	1 pt.

Shake together in a bottle.

*Dose*; From ten drops to a tea spoonful.

*Use*; For pains in the stomach, &c.

Essence of Wintergreen, spearmint, cinnamon, &c., may be prepared from the oils, by uniting them with alcohol in the above proportions.

#### BUTTERNUT EXTRACT.

Take bark of butternut or white walnut, boil in water till the strength is extracted; then strain and boil again till thick as honey. The heat should be reduced as the syrup grows rich, or else it will burn.

*Dose*; A tea spoonful in a table spoonful of molasses, for an adult, repeated every three hours till it operates on the bowels.

*Use*; This is an active and safe physic, & in less doses may be given to children for worms.—It forms part of the anti-bilious pills.

## EXTRACT OF GENTIAN.

Take gentian root sliced, two and a half pounds, add boiling water two gallons, let it stand twenty four hours, then boil down to one gallon, strain while hot, and boil again slowly to the consistence of tar.

**DOSE:** From ten to thirty grains.

**USE:** This is an excellent tonic, and may be taken alone in the form of pills, but is usually combined with other articles.

Extracts are all prepared in nearly the same way, by extracting the strength in water or spirits, and evaporating slowly to the proper consistence; or the juice of the plant may be dried in the sun. Extracts should be kept in tight jars and covered with bladder or buckskin.

## ANTI-DYSPEPTIC PILLS.

Take best Aloes,	4 oz.
Castile soap,	2 “
Colocynth,	2 “
Gamboge,	2 “
Extract of Gentian,	4 “
Oil of Cloves,	2 drachms.

that is, about two tea spoonsful. Mix, and form into pills the size of a pea.

**DOSE:** One or two morning and evening.

**USE:** To regulate the bowels, and strengthen the stomachs of persons troubled with dyspepsia, and other debilitated patients. B.

## HEPATIC PILLS.

Take extract of dandelion, mandrake, pulverized; blood root pulverized, each half an ounce;

add ten drops oil of peppermint. Mix, and make into pills the size of a pea.

**Dose:** From one to three night and morning.

**Use:** "This" says Dr. Beach, "is an extraordinary remedy for liver complaint. It generally soon removes the pain in the side, shoulder, and is excellent in jaundice and affections of the kidneys. The irritating plaster should be worn over the seat of the disease. An amendment is sure to follow their use in a few days."

#### ANTI-BILIOUS PILLS.

Take aloes pulverized, 1 oz.

Gamboge pulverized, 1-4 oz.

Extract of butternut sufficient to make a mass of the proper consistence for pills. Mix well, and form into pills of the usual size.

**Dose:** From two to four.

**Use:** An active and safe physic; well adapted to bilious diseases, and wherever active physic is needed to cleanse the stomach and bowels.

#### ANTI-HYSTERIC PILLS.

Take asafœtida and rhubarb, equal quantities. Mix and make pills of the usual size.

**Dose:** Three, two or three times a day.

**Use:** These regulate the bowels, expel wind, and relieve hysterics and hypochondria.

#### 1. SWEAT POWDER.

Take lobelia seed pulverized, 1-2 oz.

Boneset pulverized, 1 oz.

Mix.

**Dose:** Put a tea spoonful in a tea cupful of warm water, and give a tea spoonful or more, if

the stomach will bear it, every half hour, in snake-root tea.

USE: To promote perspiration and reduce fever.

2 SWEAT POWDER.

Take ipecac and cayenne pepper, equal quantities each: Mix.

DOSE: A level tea spoonful may be divided into eight equal parts, and one of these taken every hour, or half hour, in snake root or boneset tea.

USE: An excellent sweat powder, especially where the system is sunk, and requires stimulation.

EMETIC POWDER.

Take lobelia seed pulverized,	1 oz.
Ipecac,	1 oz.
Blood root,	1-2 oz.
Cayenne pepper,	1-4 oz.

Mix.

DOSE: Half a tea spoonful every twenty minutes till it vomits.

USE: This is an active emetic, and may be given without producing the alarming symptoms sometimes produced by lobelia alone.

KINGS EMETIC POWDER.

Take lobelia seed pulverized,	2 oz.
Blood root,	1 "
Skunk Cabbage,	1 "
Ipecac,	1 1-3 oz.
Cayenne pepper,	1-3 oz.

Mix.

DOSE: Half a tea-spoonful, in boneset tea, every fifteen minutes till it operates. If the first or second dose is rejected, repeat. Boneset hastens the operation and renders it less severe.

ANTI-BILIOUS OR CATHARTIC POWDER,  
COMMON PHYSIC.

Take best senna,	2 oz.
Cloves,	2 oz.
Jalap,	1 oz.

Pulverize separately; mix, and pass through a fine sieve.

Dose: A tea-spoonful, in sweetened water, on an empty stomach.

Use: This is a very safe and effectual physic. It operates easily on the bowels and leaves them in a healthy condition; and may be safely given in all cases where a physic is needed. B.———

## VEGETABLE HEATING POWDER, OR COMPOSITION.

Take Bayberry, bark of the root,	1 lb.
Best ginger,	1-2 “
Hemlock bark,	1-2 “
Cloves,	1 oz.
Cayenne pepper,	1 oz.

Let all be well pulverized and sifted through a fine sieve. Mix; and keep in a tight jar or bottle.

Dose: A tea-spoonful, in hot water sweetened.

Use: This is excellent for colds, pains in the bowels, &c, &c.

COMPOUND POWDER OF MANDRAKE, OR  
MANDRAKE PHYSIC.

Take mandrake root pulverized, Spearmint pulverized, and Cream of tartar, equal quantities of each, well mixed.

Dose: A tea-spoonful of the powder in molasses or sweetened water.

Use. This is an effectual & safe anti-bilious physic.

## NEUTRALIZING MIXTURE.

Take Rhubarb, saleratus, peppermint plant,

and cinnamon, equal quantities, all pulverized and sifted through a fine sieve: Mix.

To a large tea-spoonful add half a pint of boiling water; when cool, strain, sweeten with loaf sugar, and add a table spoonful of brandy.

**DOSE:** One or two table spoonsful, every hour or half hour.

**USE:** A most valuable preparation for Cholera morbus, summer complaint, dysentery, and to settle the stomach and prevent vomiting.

#### DENTIST'S SCURVY WASH.

Take red peruvian bark,	1	tea-spoonful.
Nutgall pulverized,	1	do.
Tooth-ache drops,	1-2	do.
Carbonate of ammonia or		
saleratus,	1-2	do.
Proof spirits,	1	oz.
Rain water,	1	oz.

Mix.

**USE:** Let the teeth be scaled if coated with tartar, and the gums washed with this night and morning. This is excellent for scurvy, or spongy gums.

#### TAR BEER.

Take one quart bran,  
Three quarts water,  
One pint tar,  
One pint honey.

Put in a stone jar and simmer six hours; when cool add a pint of yeast, let it stand thirty-six hours; then pour it off into bottles without shaking it; it is not to be strained. Take a wine glass full three times a day.

N. B. The Apothecary's weights and the English wine measures, are used throughout the whole book, the different denominations of which will appear from the following Table:

A pound contains twelve ounces.

An ounce - - - eight drachms.

A drachm - - - three scruples.

A scruple - - - twenty grains.

A gallon contains eight pints.

A pint - - - sixteen ounces.

An ounce - - - eight drachms.

A table spoonful is the measure of half an ounce.

A tea spoonful is one fourth of a table spoonful, or one drachm. Sixty drops make one tea-spoonful.

#### TABLE OF DOSES FOR DIFFERENT AGES.

(THE COMMON DOSE BEING TAKEN AT ONE.)

7	weeks of age,	1-15th of common dose;	
7	months of age,	1-12th of do.	
14	do.	1-8 do.	
28	do.	1-5 do.	
3	1-2 years, of age,	1-4 do.	
5	do.	1-3 do.	
7	do.	1-2 do.	
14	do.	2-3 do.	
21	do.	common dose.	do.
63	do.	11-12 do.	
77	do.	5-6 do.	
100	do.	4-6 do.	

END.

WBA M657m 1848



